BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

2-8 AUGUST 2025

TV & Satellite week

TV TO GET EXCITED ABOUT!

NEW

Jenna Ortega heads back to Nevermore for more spooky fun

Wednesday

NEW

THE PICKUP

Eddie Murphy's action-packed heist comedy

NEW

THE COUNT OF MONTE CRISTO

Sam Claflin on playing the classic French hero

HotList This week's 28

Saturday 2

Australia v British & Irish Lions: 3rd Test

***RUGBY UNION** Sky Sports Main Event & Sky Sports The Lions, kick-off 11am*

The third and final Test of a gruelling Lions tour Down Under takes place this morning at Stadium Australia in Sydney.

7 Wonders of the Ancient World

***DOCUMENTARY** 5, 6.30pm*

Bettany Hughes (above) journeys to Greece, Egypt and Turkey where, using 'augmented reality' technology, viewers can experience ancient monuments. *See feature, page 8*

The Count of Monte Cristo

***DRAMA** U&Drama, 9pm (box set, U)*

Adaptation of Alexandre Dumas' classic tale of revenge starring Sam Claflin (above) as a sailor imprisoned without trial after being accused of treason. *See feature, page 6*

Griff's Great American South

***TRAVELOGUE** C4, 9.10pm*

Griff Rhys Jones (above) embarks upon a tour of the southern states of the USA, beginning this week in Nashville, Tennessee. *See Documentaries, page 20*

Full listings start on **p35**

Sunday 3

Hunting the Yorkshire Ripper

***DOCUMENTARY** Prime Video*

The story of 'Wearside Jack', who tried to fool the police, including then-rookie Chris Gregg (above), with hoax letters during the Yorkshire Ripper case.

Kensuke's Kingdom

***ANIMATION** BBC1, 3.35pm*

Adaptation of Sir Michael Morpurgo's book – a violent storm leaves a young boy and his pet dog stranded on a desert island, where they encounter a mysterious Japanese man. *See review, page 25*

Parenthood

***WILDLIFE** BBC1, 7.20pm (box set, iPlayer)*

Sir David Attenborough explains some of the strategies that animal parents employ to teach survival skills to their young – beginning with lions and cubs in Botswana's Kalahari. *See feature, page 11*

Celebrity SAS: Who Dares Wins

***REALITY** C4, 9pm*

The Traitors winner Harry Clark and actor Hannah Spearritt are among the new intake facing some gruelling challenges. Continues tomorrow. *See feature, p12*

Full listings start on **p45**

Monday 4

King of the Hill

***ANIMATION** Disney+*

After a 15-year break, the US comedy is back. Propane salesman Hank Hill (voiced by Mike Judge) has spent those years working in Saudi Arabia – but now he's back in Texas. *See Your Watchlist, p16*

What Happened at Hiroshima

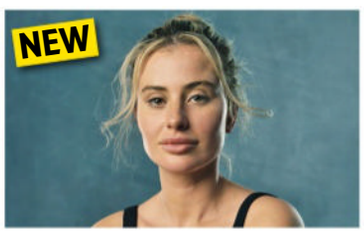
***DOCUMENTARY** BBC1, 8.30pm*

To mark the 80th anniversary of the US bombings of Hiroshima and Nagasaki, people who survived the atomic attacks of August 1945 tell their stories.

Fake or Fortune?

***FACTUAL** BBC1, 9pm*

This week, Fiona Bruce and Philip Mould meet an owner who believes they have a missing work by New Zealand-born modernist Frances Hodgkins – but can the provenance be proved?



Chloe Ayling: My Unbelievable Kidnapping

***DOCUMENTARY** BBC3, 9pm (box set, BBC iPlayer)*

In a three-parter, the model (above) tells her harrowing story. Continues to Wednesday. *See Documentaries, page 21*

Full listings start on **p55**

Tuesday 5

The Hundred

***CRICKET** BBC2, Sky Showcase, Sky Sports Main Event & Sky Sports Cricket*

The competition begins at Lord's with London Spirit v Oval Invincibles – the women's tie is at 2.45pm, and the men's from 6.30pm. Continues all week. *See Sport Week, p28*

Do You Have ADHD?

***DOCUMENTARY** C4, 8pm*

In this one-off, former GP Dr Clare Bailey Mosley and surgeon Dr Karan Rajan look at attention deficit hyperactivity disorder, attempting to debunk the myths surrounding the neurological condition.

The Great British Sewing Bee

***REALITY** BBC1, 9pm*

For the show's first Korean Week, designer Eudon Choi is a guest judge and asks the sewers to rustle up a jeogori, a traditional jacket sported by K-pop stars.

Georgia and Tommy: Happy Essex After

***REALITY** ITV2, 9pm (box set, ITVX)*

This *TOWIE* spin-off chronicles the Spanish wedding do of show favourites Tommy Mallet and Georgia Kousoulou. Continues to Thursday.

Full listings start on **p65**

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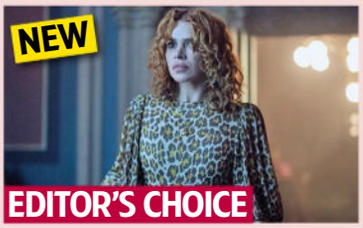
ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: COURTESY OF NETFLIX, PRIME VIDEO, U&DRAMA. HOTLIST WORDS: JAMES AVANN, IAN FARRINGTON. HOTLIST PHOTOS: GETTY, COURTESY OF LUPUS FILMS/KENSUKE'S KINGDOM LTD, TM & COPYRIGHT ©20TH CENTURY FOX FILM CORP. ALL RIGHTS RESERVED/COURTESY EVERETT COLLECTION/SHUTTERSTOCK. *KING OF THE HILL* PHOTO IS FROM THE ORIGINAL SERIES

Wednesday 6

The Pickup
***ACTION COMEDY** Prime Video*
Eddie Murphy and Pete Davidson play two armoured-truck drivers who, during a routine cash pickup, are ambushed by a criminal gang – and forced to take part in a casino heist. ***See Your Watchlist, p14***



Wednesday
***FANTASY DRAMA** Netflix*
There are some new faces at Nevermore Academy as Season 2 begins, including a mysterious music teacher (played by Billie Piper, above), who develops a keen interest in Wednesday. ***See feature, p4***

Platonic
***COMEDY** Apple TV+*
The second season of the comedy centring on best friends Sylvia (Rose Byrne) and Will (Seth Rogen), who must contend with midlife hurdles including partners in crisis. ***See Your Watchlist, p17***

The Fortune Hotel
***REALITY** ITV1, 9pm*
Stephen Mangan welcomes 11 pairs of contestants to the Caribbean for a second run, but as soon as they touch down, they face a Day Trip Challenge. Continues tomorrow.

Full listings start on **p75**

Thursday 7

September 5
***THRILLER** Sky Premiere, 7.50am & 9.50pm, & Paramount+*
In this fact-based drama set at the 1972 Munich Olympics, Peter Sarsgaard stars as a television executive faced with covering a tragedy. ***See review, page 22***

The Gone
***DRAMA** BBC2, 9pm (times vary)*
As the series continues, time jumps back 48 hours to reveal how Aileen (Carolyn Bracken) and gangster Derry fled into the bush and ended up forming an uneasy alliance. Continues tomorrow.

Mr Bigstuff
***COMEDY** Sky Max & Sky Showcase, 9pm & 9.30pm*
As the second series concludes with a double bill, Glen (Ryan Sampson) suffers a meltdown, while brother Lee (Danny Dyer) has some loose ends to tie up...

FBI
***CRIME DRAMA** Sky Witness, 9pm*
The murder of a seemingly ordinary Brooklyn plumber sends agents Maggie and OA on a globe-spanning journey... Companion series *FBI: International* returns at 10pm. ***See feature, page 12***

Full listings start on **p85**

Friday 8

Smoke
***THRILLER** Apple TV+*
The Milk Jug arsonist has been caught, but as the series continues, can cop Michelle Calderone (Jurnee Smollett, above) prove her case? Taron Egerton co-stars. ***See feature, page 7***

Championship
***FOOTBALL** Sky Sports Main Event & Sky Sports Football, kick-off 8pm*
The English second-tier season begins this evening with Ipswich Town beginning life back in the Championship against newly promoted Birmingham City.

Inspector Gerri
***CRIME DRAMA** More4, 9pm*
An Italian eight-parter starring Giulio Beranek as Gregorio 'Gerri' Esposito, a flawed detective in Puglia, who tackles the toughest cases, yet is haunted by his troubled childhood...

Whitstable Pearl
***DRAMA** U&Drama, 9pm*
Sleuth Pearl (Kerry Godliman, above) is enjoying a romantic weekend away with Tom – but when a food critic drops dead in her restaurant, she's torn over whether to head back home...

Full listings start on **p95**

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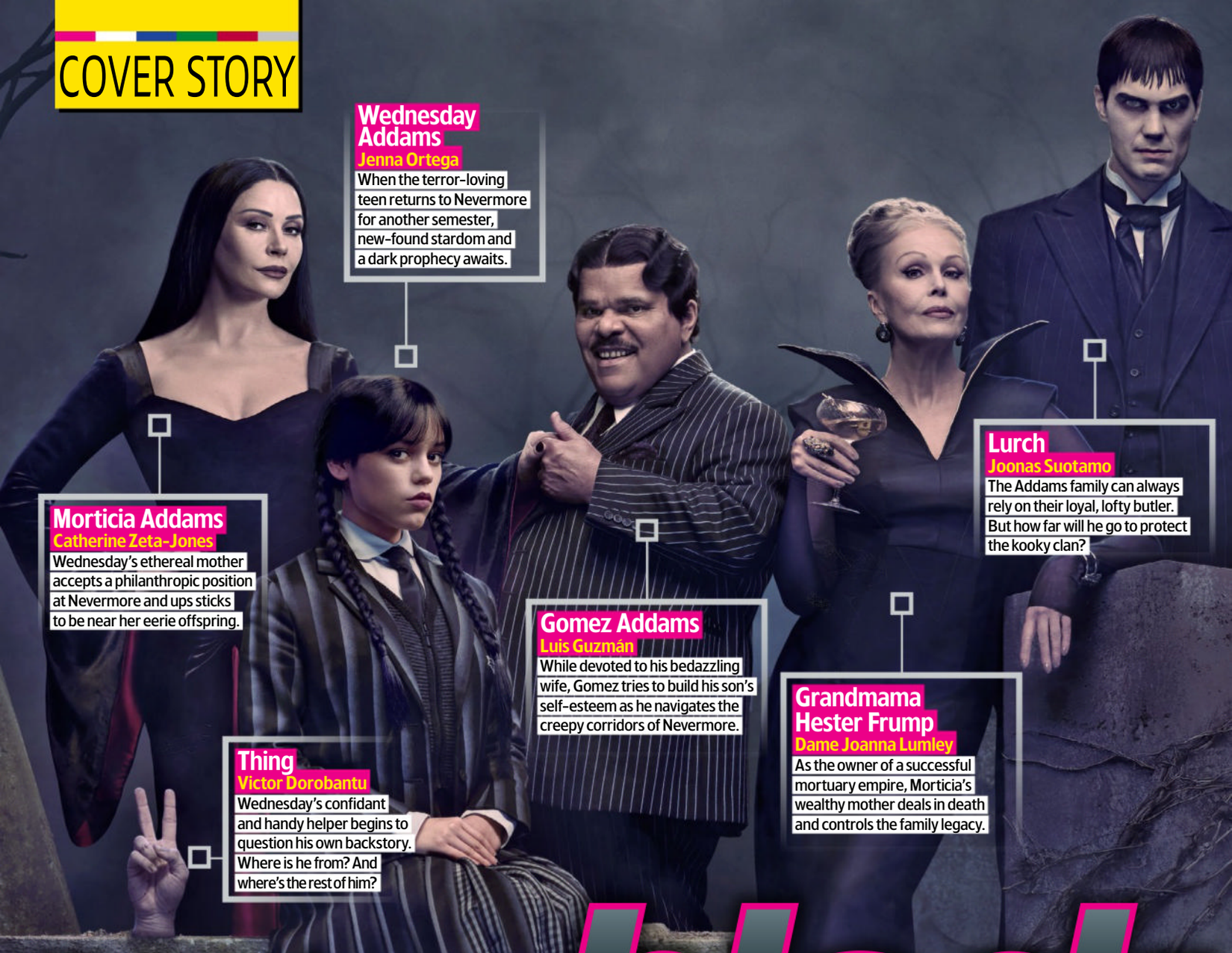


Wednesday Addams
Jenna Ortega
When the terror-loving teen returns to Nevermore for another semester, new-found stardom and a dark prophecy awaits.

Morticia Addams
Catherine Zeta-Jones
Wednesday's ethereal mother accepts a philanthropic position at Nevermore and ups sticks to be near her eerie offspring.

Thing
Victor Dorobantu
Wednesday's confidant and handy helper begins to question his own backstory. Where is he from? And where's the rest of him?

Gomez Addams
Luis Guzmán
While devoted to his bedazzling wife, Gomez tries to build his son's self-esteem as he navigates the creepy corridors of Nevermore.

Grandmama Hester Frump
Dame Joanna Lumley
As the owner of a successful mortuary empire, Morticia's wealthy mother deals in death and controls the family legacy.

Lurch
Joonas Suotamo
The Addams family can always rely on their loyal, lofty butler. But how far will he go to protect the kooky clan?

Back in black

Jenna Ortega and Catherine Zeta-Jones are joined by **Dame Joanna Lumley** as the Addams Family spin-off returns

NEW FANTASY DRAMA

Wednesday
From Wednesday 6 August, Netflix

They're creepy, kooky and now they're even spookier! The Addams family return with fabulously freaky new additions and a fresh bone-chilling mystery as *Wednesday* is back for Season 2 this week.

From director Tim Burton, this latest run (shown in two four-episode parts, with the first volume out this week and the second launching from Wed 3 Sept) catches up with budding novelist and part-time detective Wednesday Addams (Jenna Ortega) as she returns to Nevermore Academy as somewhat of a celebrity following her monster-slaying heroics in Season 1.

This time, though, her brother, Pugsley (Isaac Ordonez), is joining the school for supernaturally gifted children, and parents Morticia (Catherine Zeta-Jones) and Gomez (Luis Guzmán) are moving on to campus, too.

But when Wednesday receives a deadly message from her stalker and her psychic visions spell a grisly future for her room-mate, Enid Sinclair (Emma Myers), can her deliciously eccentric grandmother, Hester Frump (Dame Joanna Lumley), help dig her out of danger?

Here, Ortega, 22, and Zeta-Jones, 55, reveal more…

'I get to dance the tango with Luis Guzmán and sing with Billie Piper'
CATHERINE ZETA-JONES

Where do we find the Addams family now?

Ortega We start off with Wednesday being kidnapped, and it's a great opening sequence. Wednesday has improved her psychic ability over the summer, too, but she abuses it and ruins it for herself. Her visions kind of malfunction and she ends up with black tears.

Zeta-Jones The family has been trying to regroup over the summer. Wednesday has been writing a book, and like all families, they're anticipating the first day of school. But this year, both of Morticia's

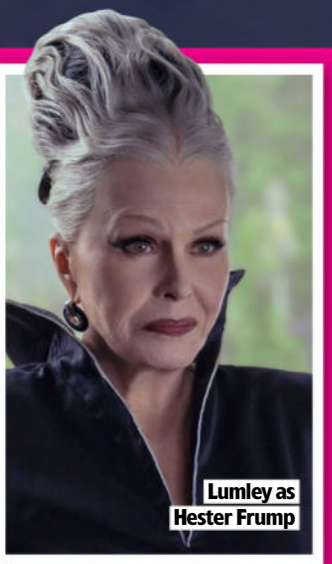
WORDS: REBECCA MAHONEY PHOTOS: NETFLIX

NEW FROM NETFLIX

Varicose
Liv Spencer

Uncle Fester
Fred Armisen
Wednesday's eccentric, gleeful uncle can control electricity. Will sparks fly when he tries to help his niece in her hour of need?

Pugsley Addams
Isaac Ordonez
Wednesday's surprisingly sweet brother causes chaos at his new school when he raises a zombie. But has he finally found a friend?



Lumley as Hester Frump

GOTHIC GRANNY

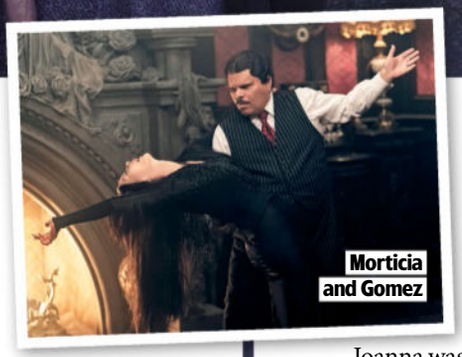
This season has a slew of new stars, including *Absolutely Fabulous* favourite Dame Joanna Lumley, who joins the cast as Morticia's formidable mother and the owner of a lucrative mortuary empire, Hester Frump, AKA Grandmama.

'Wednesday and Hester have an interesting bond,' explains Lumley, 79. 'Hester is anarchic, rich and powerful, and Wednesday likes her sparkiness and cruel, disgusting behaviour. But Hester's relationship with her own daughter, Morticia, is absolutely ghastly!'

Nevermore Academy is also ringing the changes with a new principal, Barry Dort (Steve Buscemi), while new head of music Isadora Capri (Billie Piper) becomes a mentor to fellow werewolf Enid.

Christopher Lloyd, Thandiwe Newton and Haley Joel Osment are among the guest stars, plus Lady Gaga has a cameo in Part 2 of Season 2 as enigmatic teacher Rosaline Rotwood.

'There's something thrilling about working for Tim Burton,' reveals Lumley. 'This world is intoxicating, and I got to wear huge wigs. I've loved it.'



Morticia and Gomez

children will be enrolled in Nevermore, so she's wondering what her next chapter is.

This season, Morticia is offered a role at Nevermore – how does Wednesday feel about that?

Ortega Morticia is dealing with empty nest syndrome. She's being clingy and agrees to help the school with fundraising. But she's pretty much just spying on her kids.

Zeta-Jones The family being more associated with Nevermore is a bit of a thorn in Wednesday's side. One would think that this mother-daughter relationship would have gotten better after Season 1, but it's more strained.

And another Addams matriarch joins the fold...

Ortega Yes, Wednesday and Grandmama are best friends, and they both look at Morticia and roll their eyes a bit. They are very alike, and love all things gothic and dark. Joanna Lumley is the sweetest. Every time I saw her on set, she called me 'honey' or 'darling' and I melted.

Zeta-Jones When I found out that Joanna was cast, I felt so star-struck. I couldn't wait to meet her and sit next to her in the make-up chair. To have the generational storyline unfold is genius, and Morticia and Hester's relationship is very contentious.

Have either of you been surprised by the success of the show?

Zeta-Jones It took us all by surprise and it was amazing to be part of it. As crazy and offbeat as it is, I think all generations love it because the beauty of the Addams family is that they embrace their differences – and even encourage them.

Ortega It's still quite difficult to comprehend. I was 18 when we started and had never worked with a director as big as Tim Burton. But I'd be lying if I said I don't feel anxious or feel like I had something I need to live up to every day on set.

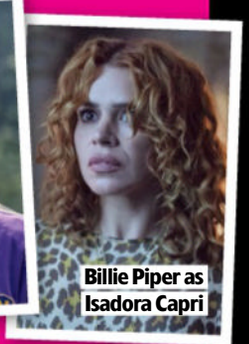
What delightful chaos should fans brace themselves for this time?

Ortega We have a lot of new faces joining, so there are plenty of characters for people to learn to love… or maybe hate. It feels like the show's been given new life.

Zeta-Jones We dive deeper into the family relationships and I get to do so much more as Morticia. I even get to fence, a skill that I learnt for [1998 film] *The Mask of Zorro*. I also get to dance the tango with Luis Guzmán and sing with Billie Piper. It's been a joy.

Wednesday has another murky mystery to crack

Barry Dort (Steve Buscemi)



Billie Piper as Isadora Capri

Crime and punishment

Sam Claflin stars as the wronged hero seeking vengeance in Alexandre Dumas' timeless tale

NEW DRAMA

The Count of Monte Cristo

Saturday, 9pm, U&Drama (box set, U)

Revenge is a dish best served cold, but what happens when your desire for retribution festers for so long that it consumes your whole existence?

That's the question at the heart of Alexandre Dumas' classic 1846 novel *The Count of Monte Cristo*, which receives a new eight-part adaptation beginning this week on U&Drama. *Peaky Blinders*' Sam Claflin stars as Edmond Dantès, a French sailor whose good fortune sparks such jealousy in his rivals Danglars (*The Gilded Age*'s Blake Ritson) and Fernand (*The Borgias*' Harry Taurasi) that they conspire to have him charged with treason.

After prosecutor Gérard de Villefort (*Borgen*'s Mikkel Boe Følsgaard) has him imprisoned in the Château d'If, a grim island fortress off Marseilles, Edmond is left to brood on the great wrong that has been done to him. But when fellow prisoner Abbé Faria (Jeremy Irons), who is nearing death, tells Edmond of a vast treasure that's stashed on the island of Monte Cristo, Edmond seizes the opportunity to escape, find the riches and assume a new identity as a wealthy count, while secretly planning to destroy those who ruined his life.

'Edmond has spent years plotting his revenge, so he's obviously a very disciplined man,' Claflin, 39, tells *TV&Satellite Week*. 'He gets blindsided by hate, anger and rage, and has obviously learnt to control it enough not to lash out. He's very patient, cunning and sly – these are all things that come to him during his time in prison being led astray by Abbé Faria.'

For Claflin, the duality of the roles of Edmond and the Count offered a rare opportunity as an actor that he was excited to explore.

'He's one of the most interesting characters I've ever played,' reveals the *Daisy Jones & The Six* star. 'The whole story is him pretending to be someone else, which, as an actor who's already pretending to be someone else, is a bit of a head-spin, but there was a lot of fun to be had with that.'

As the series was shot in non-chronological order, Claflin filmed his scenes as the Count first and found that spending several months with the character's constant stoicism left him emotionally exhausted. But he was buoyed when the time came to film Edmond's stint in prison and Irons arrived on set.

'Jeremy came in like the theatrical, eccentric human being he is, and brought so much energy to those scenes,' says Claflin. 'I honestly loved working with Jeremy – he was an absolute joy. He's been an idol of mine for years and years, so it's a dream come true to be in close proximity with a star like that.'

Although this is an adaptation of a story that is almost 180 years old, Claflin believes that the central message of *The Count of Monte Cristo* is as relevant today as it has always been.

'What's at the heart of this is that there is no point living in hate, it will eat you up from the inside,' he says. 'That will always be a lesson that needs to be heard.'

'Edmond has spent years plotting his revenge'
SAM CLAFLIN

Edmond and Mercedes

Edmond Dantès
Sam Claflin
The falsely imprisoned sailor escapes after many years and, assuming the guise of the Count of Monte Cristo, is hell-bent on revenge.

WORDS: ELAINE PENN, STEVEN PERKINS. PHOTOS: APPLE TV+, U&DRAMA

Edmond is a skilled sailor

WHO'S WHO IN *THE COUNT OF MONTE CRISTO*

Abbé Faria
Jeremy Irons

Incarcerated alongside Edmond, the Italian priest provides him with an education and directs him to a lost treasure trove.

Danglars
Blake Ritson

Edmond's shipmate was convinced he was next in line to be captain and is furious when Edmond is promoted over him.

Mercedes
Ana Girardot

Edmond's fiancée is horrified when he is arrested at their betrothal feast, and refuses to accept that he's guilty of any crime.

Fernand
Harry Taurasi

Mercedes' cousin believes she should marry him because of their shared heritage, and conspires with Danglars to have Edmond arrested.

Gérard de Villefort
Mikkel Boe Følsgaard

The prosecutor has Edmond imprisoned in a bid to cover up his father's treacherous behaviour.

Rafe Spall and Jurnee Smollett

Up in *flames*

Matters come to a head between cops Steven and Michelle

THRILLER

Smoke

From Friday 8 August, Apple TV+

The complicated, toxic relationship between detective Michelle Calderone (Jurnee Smollett) and her boss Steven Burk (Rafe Spall) is reaching boiling point as *Smoke* continues this week.

By the time Michelle was assigned to the investigation to catch two arsonists, she thought things between her and the married police captain had burnt out – at least as far as she was concerned.

'When the series started, Steven told Michelle that he'd left his wife for her,' explains *Trying*'s Spall, 42. 'She told him he shouldn't have done that, and he was pretty upset. His upset leads to some ramifications for her, and throughout the series for him, too.'

ON A MISSION

Now that the arsonist dubbed Milk Jug has been caught, Michelle is under pressure to prove that arson investigator Dave Gudsen (Taron Egerton) is the D&C (Divide and Conquer) arsonist, who's been responsible for setting multiple fires across several locations. But her methods are not strictly by the book.

'The characters we identify with predominantly are those who are the most flawed because it makes us feel better about our flaws and about our mistakes,' explains Spall. 'That's the power of this medium. I think that it's both reassuring and hopeful when characters mess up and do things wrong.'

The role required London-born Spall to adopt an American accent, and although it's something he has done before, his co-star kept him on his toes.

'You want to get to the point where you can improvise and be natural,' says Spall. 'Jurnee is quite big on improvising, so she'd throw things at me quite a lot and I wanted to be able to not have to think about how to say a specific word in my head before it came out.

'But there was one challenging day for me when England were playing the Netherlands in the semi-final of the European Championships [in July 2024]. We were filming, so I had the game set up on the computer in the green room. I did come out of character, but we won the match and that's all that mattered!'

Hughes in Giza

Wonder woman

Historian **Bettany Hughes** brings seven iconic ancient monuments back to life

NEW DOCUMENTARY

7 Wonders of the Ancient World with Bettany Hughes

Saturday, 6.30pm, 5

From the Spartans, Minoans and Moors to feats of Egyptian engineering, Helen of Troy and the birth of democracy in Athens, historian Bettany Hughes has shared her comprehensive knowledge of the ancient world in many TV documentaries over the past 20-odd years.

Now, the 58-year-old is revisiting her specialist subject in a new three-part series showcasing the Seven Wonders of the World, including the Great Pyramid of Giza and the Hanging Gardens of Babylon.

With only one Wonder – the Great Pyramid – still standing, the series uses 'augmented reality' technology to give viewers an immersive experience of what they would have looked like, via on-screen QR codes that you can scan with a smartphone.

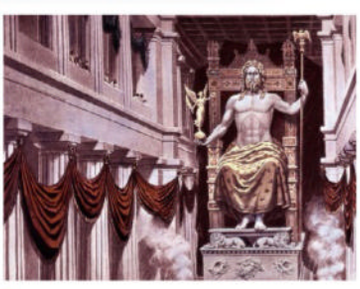
Here, Hughes talks us through her Wonder-ful series…

GREAT PYRAMID OF GIZA

Built nearly 4,600 years ago as the tomb of a pharaoh, this Egyptian edifice (above) was the tallest man-made structure for almost 4,000 years. 'I'm always speechless when I stand in front of it,' says Hughes. 'With 2.3 million limestone blocks, it's still the heaviest building ever created. And there are so many mysteries on the inside – chambers and tunnels we can see through scanning technology, including a huge void the size of a cathedral.'

STATUE OF ZEUS AT OLYMPIA

Commissioned by the custodians of the Olympic Games in 435 BC, this seated sculpture of the king of the gods, towering between 39 and 43ft tall, was an opulent affair. 'There was a lot of gold, crystal decorations and ivory, both hippopotamus and elephant,' says Hughes. 'The statue was reflected in an infinity pool full of olive oil and, amazingly, there are still fragments of the raw materials used to build it.'



LIGHTHOUSE OF ALEXANDRIA

This ancient skyscraper, built between 284 and 246 BC on the small island of Pharos, was a technical masterpiece over 100m tall, and its light could be seen by sailors more than 30 miles away. 'This is still the biggest lighthouse ever built,' reveals Hughes. 'It had over 300 rooms, and its three tiers soared into the sky. Huge statues guarded its doorway, and figures of mythical sea creatures blew trumpets from its walls.'

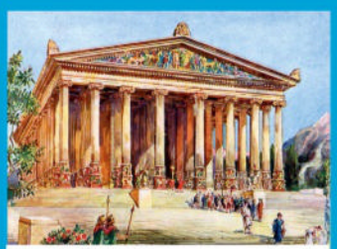
COLOSSUS OF RHODES

This 33m statue of the Greek god Helios was erected between 294 and 282 BC on the island of Rhodes. 'It was made of bronze less than 1cm thick,' explains Hughes, 'and would have required a building site the size of Trafalgar Square because it was so tall. People imagine ships passing between the legs of the Colossus, but that would have been physically impossible.'

WORDS: IAN MACEWAN, ALISON SLADE. PHOTOS: 5, BBC, GETTY, ITV

MAUSOLEUM OF HALICARNASSUS

This enormous tomb was built in what is now Turkey between 353 and 351 BC. Containing 400 sculptures, it was constructed for King Mausolus of Caria and his wife, Artemisia II. 'All the mausoleums in the world are named after this,' says Hughes. 'The King was buried there with his wife, who was also his sister. The Carians looked East and West, so it had Greek columns, and a pyramid on the top.'



TEMPLE OF ARTEMIS

The rich King Croesus had this temple, dedicated to goddess Artemis, built in 550 BC at Ephesus (in modern-day Turkey). While many of the Wonders were toppled by earthquakes, this one was burnt down deliberately. 'Croesus decorated the columns with gold,' reveals Hughes. 'The temple is also associated with Cleopatra, whose half-sister sought sanctuary there but was dragged out and killed.'

HANGING GARDENS OF BABYLON

These spectacular tiered gardens are thought to have been built in the ancient city of Babylon (in modern-day Iraq), possibly by King Nebuchadnezzar II in around 600 BC. 'Everyone's heard of this Wonder,' says Hughes. 'But we don't have archaeological evidence of where it was. There might have been not one, but two Hanging Gardens and we explore that.'

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

CORONATION STREET

Tragedy strikes on Bernie and Dev's wedding day...

Having started out as friends with benefits, Bernie and Dev have decided to get hitched. The latter's aunt, Rani, has given him £25K to pay for the wedding, but unbeknown to Dev, his son Aadi has racked up a huge debt and Bernie wants to use the windfall to pay it off.

Having saved a small fortune by buying cheap suits, Bernie arranges a suitably low-key hen night. She's furious to discover Dev's do is anything but – his pals have booked a pole dancer. Trouble is in store as snobby Rani then walks into her nephew's drunken shindig.

As the big day arrives, it's one disaster after another. Gemma's quads fall ill and then Bernie realises she has left the house without her lucky locket containing a photo of late son Paul. She dashes back to get it, only to disturb a burglar.

The bride-to-be eventually makes it to the Bistro, the venue for the nuptials. But just as the ceremony is about to begin, she collapses. Is Dev destined for heartbreak?

PLUS Abi continues her affair with Carl, Todd discovers Theo has a criminal past, Lisa invites Ryan to live with her, Carla and Betsy at No 6, Aadi confesses that he was responsible for Lauren taking drugs at the party, and Jenny has designs on George.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

EMMERDALE

Surrogate Charity fears she has lost Sarah's baby (above), Dylan does Ray's dirty work, Robert's left hopeful as he and Aaron build bridges, Ross lies to Steph as they reunite, and Vinny searches for answers about his sexuality.

EASTENDERS

Oscar (above) robs the Trueman house and injures Patrick, Ross and Vicki struggle as Joel's misogynistic behaviour escalates, Avani has her 12-week scan, and struggling Cindy asks Elaine to co-manage The Albert with her.

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Nature & nurture

A new wildlife series showcases the trials of **parenting in the animal kingdom**

Raising a family can bring both great rewards and daunting responsibilities. But for animals, ensuring the survival of their offspring requires huge dedication and resourcefulness, as BBC1's new natural-history series *Parenthood* shows.

Narrated by Sir David Attenborough, the five episodes explore how a variety of creatures across the globe go to incredible lengths to keep their young fed and protected from predators.

'Parenthood is a journey like no other. Providing constant food and safety for offspring can be challenging,' shares Attenborough, 99. 'Success for all parents has perhaps the greatest of consequences. It ensures the future of life on our planet.'

Here, we look at some highlights from the series…

NEW WILDLIFE

Parenthood

Sunday, 7.20pm, BBC1
(box set, BBC iPlayer)

Episode 2: OCEANS

Marine parents cleverly utilise ocean resources. As dolphin mothers in the Red Sea show their calves the reef's healing powers (above), a Banggai cardinal fish in Indonesia rears his babies inside his mouth. Meanwhile, otter kits in Scotland and Cape gannet fledglings in South Africa come under threat.

Episode 3: GRASSLANDS

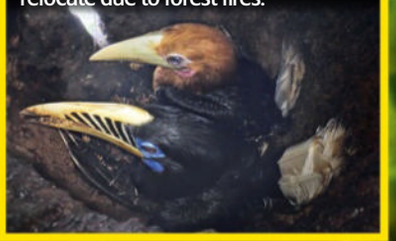
Grassy regions are good hunting grounds for predators and in Kenya, a cheetah and her cubs track wildebeest. Elsewhere, langur monkeys in India get babysitting practice (right), and in Argentina, a (llama-like) guanaco mother encounters difficulties while travelling to winter feeding grounds.

Episode 4: FRESHWATER

During the drought in Kenya, an elephant family (above) awaits the arrival of rain, but a deluge could prove devastating. In Brazil, turtles time their egg-laying around the rainy season, in Dominica a tri-tri goby fish's child-rearing plans are upset by a storm, and in Namibia, a Namaqua sandgrouse father faces danger as he collects water.

Episode 5: JUNGLES

The jungle is a rich but risky place to raise young, and white-headed langurs in China find their habitats encroached on by farmland. In Bhutan, rufous-necked hornbill parents (below) prove a well-honed team, a crab in Jamaica uses the forest's bounty to build a nursery pool, and tapirs in the Amazon relocate due to forest fires.



Episode 1: THE GREATEST ADVENTURE

While a western lowland gorilla in Gabon educates her baby about forest life (above), a lion in Botswana and her cubs hunt dangerous Cape buffalo, a burrowing owl couple in the USA work together to raise their chicks, an Iberian lynx in Spain rears her kittens in a barn, and an African social spider in Namibia sacrifices herself for her spiderlings.

WORDS: CAREN CLARK. PHOTOS: BBC

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Johnny Vegas

NEW **Johnny Vegas: Art, ADHD and Me**

Wednesday & Thursday, 9pm, C4 (box set, Channel 4 Streaming)

Born in Lancashire in 1970, Vegas played drug dealer Moz (inset) in BBC3 sitcom *Ideal* (2005-11), holidaymaker Geoff 'The Oracle' Maltby in ITV's *Benidorm* (2007-17) and Eric Agnew in BBC1 comedy *Still Open All Hours* (2013-19). Recent projects include setting up a campsite with vintage buses in C4's *Johnny Vegas: Carry on Glamping* (2021-24) and opening an antiques shop in Quest's *Johnny Vegas' Little Shop of Antiques* this year.

HIS NEW SHOW

In the new two-part documentary *Johnny Vegas: Art, ADHD and Me*, the actor, comedian and artist embarks on a personal project – creating a piece of public art for his home town of St Helens in Merseyside. But it becomes a journey of self-discovery when the 54-year-old is diagnosed with ADHD. 'I used to sit at a potter's wheel on stage. People thought it was a gimmick but I actually started out as a dedicated wannabe ceramicist,' says Vegas, who has a BA in art and ceramics. 'Art was my educational saviour.'

Johnny Vegas

WORDS: JUDY EWENS, NATASHA HOLT, REBECCA MAHONEY PHOTOS: BBC, C4, GETTY, SKY

NEW **REALITY**

Celebrity SAS: Who Dares Wins

Sunday & Monday, 9pm, C4

Which celebrities will make it through the **brutal SAS selection process**?

As former special-forces operative Mark 'Billy' Billingham and his team prepare to put another 14 celebrities through the gruelling SAS training course, one new recruit is convinced he has what it takes to succeed where many others have failed.

'I've had 24 fights and 14 knockouts. I don't plan to lose on this course,' says boxer Conor Benn, 28. 'I fear losing.'

But he and the other famous faces, including former footballers Troy Deeney and Adebayo Akinfenwa, *The Traitors*' Harry Clark, and S Club singer and actor Hannah Spearritt, won't have it easy in the latest series of C4's *Celebrity SAS: Who Dares Wins*.

Over eight episodes of the show, filmed in Wales, the celebrities will take on tough challenges to test their physical and mental strength.

First, they must plunge 26ft into the freezing-cold sea, swim to a rendezvous point within a minute and jump on to a moving speedboat. They must also prove their mettle in such high-stakes situations as daring hostage-recovery missions, driving into hostile territory to rescue an ally, and hanging off a wire suspended 160ft over a gorge.

'There'll be a bit of pressure and expectation that I should be at the front,' says former Watford captain

The recruits line up for training

The ultimate challenge

Missy Peregrym and Zeeko Zaki as Maggie and OA

The bureau's special agents **clash with the CIA** as the show returns

NEW **CRIME DRAMA**

FBI

Thursday, 9pm, Sky Witness

A targeted hit unravels into an international conspiracy for the crack team of New York-based special agents as *FBI* – the flagship series in the crime-drama franchise – returns for a seventh season.

When a seemingly ordinary Brooklyn plumber is killed in a car bombing, seasoned field partners Maggie Bell (Missy Peregrym) and

COUNTER-intelligence

Deeney, 37. 'But the pressure will come solely from myself.'

UP FOR THE FIGHT

And as many of the group struggle with the physical demands of the course, it's clear not all the recruits will make it past the early stages.

For others, however, it's facing their own personal demons that proves the toughest challenge. Benn, the son of former champion boxer Nigel Benn, opens up about his battle to prove his innocence after failing two drug tests before a fight in 2022.

'It's been a hard few years,' he admits. 'I lost my way, I lost me, I lost everything. But it's shown me how much resilience and strength I have because there were so many times I've been broken mentally.'

Meanwhile, Deeney talks about his difficult childhood, the time he spent in prison for affray, and his struggle to adjust after retiring from football.

'I'm hoping this can chip away at the edges,' he says. 'Or at least break me down to the point where I can rebuild and be truly happy with myself.'

Benn and Billingham face off

Preparing for Fast Boat Extraction

OA Zidan (Zeeko Zaki) are pulled into a puzzle that escalates far beyond local crime.

But as their investigation points to the plumber's past connections with the CIA, can Maggie and OA protect the victim's wife and daughter before the assassins swoop in?

'Our team is launched into a globe-spanning investigation that ruffles feathers with the CIA,' says showrunner Mike Weiss. 'There are dark forces at play on both sides of the Atlantic and they will have to choose between keeping people safe or going along with a governmental cover-up.'

Meanwhile, fan-favourite Tiffany Wallace (Katherine Renee Kane) prepares to hand in her badge and move to Georgia.

Jesse Lee Soffer as Wes Mitchell

It's also the end of the road for two of the franchise's spin-offs. The fourth and final season of *FBI: International* follows *FBI* at 10pm on Sky Witness, with *Chicago PD*'s Jesse Lee Soffer joining the cast as supervisory special agent Wes Mitchell, while the sixth and final season of *FBI: Most Wanted* begins next week.

However, a new offshoot, *CIA*, starring *Washington Black*'s Tom Ellis, will begin later this year.

'We're visiting the *FBI* world through the eyes of the CIA,' explains Ellis, 46. 'We might get some crossover with *FBI*, but the new spin-off is about how the CIA goes about its business on homeland soil and why these different bureaus share information for the greater good.'

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

Cooking with the Stars

NEW

Sunday, 7pm, ITV1

Emma Willis and Tom Allen host a fifth series of the cookery contest. Former footballer Shaun Wright-Phillips and *Outnumbered*'s Hugh Dennis are among the eight celebrities attempting to go from amateur to restaurant-level cooking, each paired with a chef teaching them to produce the delicious dishes that will be judged by professionals.

Dexys at the BBC

NEW

Saturday, 9.10pm, BBC2

Kevin Rowland (right), the frontman and driving force behind Dexys Midnight Runners, looks back on his five-decade career, sets the record straight on a few pop myths and shares the stories behind many of the band's classic songs, which include *Come on Eileen*, *Geno* and *Jackie Wilson Said (I'm in Heaven When You Smile)*, as he introduces the best of the band's performances from the BBC archives.

Kensuke's Kingdom

Sunday, 3.35pm, BBC1

Based on the children's book by Sir Michael Morpurgo, this animated adventure has Sally Hawkins, Cillian Murphy and Ken Watanabe among the voice cast. On a sailing trip with his family, young Michael is shipwrecked on a remote island, where he meets Kensuke, a Japanese World War Two veteran.

● *See review, page 25*

PREMIERE

Annika

Saturday, 9.10pm, BBC1 (box set, BBC iPlayer)

Nicola Walker (right) returns for a second series of the crime drama as DI Annika Strandhed, who leads Glasgow's Marine Homicide Unit and talks directly to the audience. When a phone with a brutal drowning recorded on it is handed in, the pressure is on the team to find the murderer.

● *Previously shown on Alibi in 2023*

NEW

DRIVE TO SURVIVE

Eddie Murphy stars as an armoured-truck driver ambushed by criminals in his latest action comedy

The Pickup

NEW *Available:* Wednesday 6 August
Genre: Action comedy

Eddie Murphy rolls back the years in *The Pickup*, Prime Video's adrenaline-fuelled action comedy about a couple of everyday guys who find themselves at the centre of a daring heist.

The *Beverly Hills Cop* star plays Russell, an armoured-truck driver who just wants to get home to his wife Natalie (Eva Longoria) for their 25th wedding anniversary when his vehicle is targeted by a ruthless criminal gang.

But while Russell is determined to do whatever it takes to survive the day, the erratic behaviour of his young partner, Travis (Pete Davidson), means they're quickly dragged into a criminal conspiracy.

'Russell and Travis are total opposites,' explains Murphy. 'Russell is about to retire and he's by the book and a serious married guy, while Travis is a loose cannon and they nearly get killed a couple of times because of him.'

Starring opposite Davidson, who rose to prominence on iconic US comedy sketch show *Saturday Night Live*, was an unexpected treat for Murphy.

'We weren't thinking of Pete in the beginning,' he explains. 'Then I saw him on *SNL* and he told this story about seeing one of my tapes when he was a kid. It was like, "Oh, wow, he's been watching for a long time." He's perfect for the role – he's funny and girls love him!'

Palmer, Murphy and Davidson as Zoe, Russell and Travis

Eva Longoria plays Russell's wife Natalie

Following the hijacking, Travis is shocked to discover that the mastermind behind the robbery is Zoe (Keke Palmer), a woman he's just started dating. She then forces him and Russell to help her carry out a much larger and far more dangerous operation – stealing $60 million from a casino.

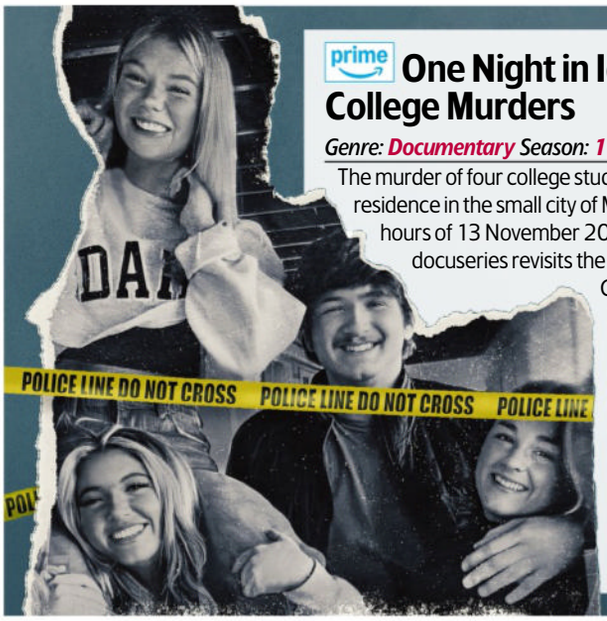
'Halfway through the heist, I'm thinking Zoe is just doing this for greed, like most criminals,' says Murphy, 64. 'But then I find out that she's got some skin in the game. She's lost a member in her family and these people were kind of responsible for it.'

After reprising his most famous role, Detective Axel Foley, in last year's *Beverly Hills Cop: Axel F* – the fourth film in a hit franchise that began in 1985 – Murphy was ready for action when the cameras rolled, albeit on his own terms.

'I did lots of the action and fights and stuff, but not too much,' he says. 'I won't really jump out of the back of a truck, but I'll jump off a truck on to a mattress and make it look like I jumped out of the truck!'

What we're watching...

The shows being enjoyed by the *TVSW* team



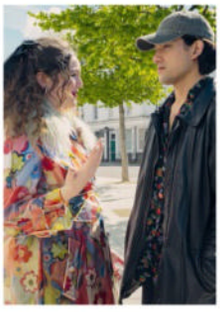
prime One Night in Idaho: The College Murders

Genre: Documentary Season: 1 Episodes: 4

The murder of four college students at their off-campus residence in the small city of Moscow, Idaho, in the early hours of 13 November 2022 shocked America. This docuseries revisits the horror of that night as Kaylee Goncalves, Madison Mogen, Xana Kernodle and Ethan Chapin were all stabbed to death. Families and friends talk of their great loss and also of the emotional toll of intense online speculation about the case. On 2 July, criminology student Bryan Kohberger admitted to the murders in a plea deal.

NETFLIX Too Much

Genre: Comedy drama Season: 1 Episodes: 10



In an acerbic romcom from *Girls'* Lena Dunham, *Hacks'* scene-stealing Megan Stalter plays New Yorker Jessica, who moves to London and meets musician Felix (*The White Lotus'* Will Sharpe).

Disney+ Jaws @ 50: The Definitive Inside Story

Genre: Documentary Episodes: One-off

Director Steven Spielberg (right) is among those looking back on the troubled filming of the thriller that became a monster hit on its 1975 release in a fascinating documentary.

Now in production...

Three upcoming shows to look out for soon

NETFLIX Just Picture It

Millie Bobby Brown (above) and Gabriel LaBelle will star in Netflix's romantic comedy about two college students who are left reeling after their phones start behaving strangely and display photos of them 10 years in the future when they are married with children.

tv+ Berlin Noir

In Apple TV+'s adaptation of Philip Kerr's acclaimed crime novels, Jack Lowden (above) will play the lead role of newly promoted German detective Bernie Gunther, who works for the Berlin Murder Squad in the late 1920s and embarks on the hunt for a serial killer.

NETFLIX Geek Girl

The second run of Netflix's comedy drama will see Layton Williams (above) join the cast as Onassis, who crosses paths with awkward teen Harriet (Emily Carey) as she continues her foray into the world of modelling while also trying to negotiate school and rites of passage.

WORDS: SEAN MARLAND, CAREN CLARK, JUDY EWENS. PHOTOS: COURTESY OF UNIVERSAL STUDIOS LICENSING LLC/DISNEY+/NATIONAL GEOGRAPHIC, GETTY, NETFLIX, PRIME VIDEO

Retiring star John Cena in action

Battle royale

Superstars of the ring square off in WWE's headline event of the summer

NETFLIX WWE SummerSlam LIVE!

Available: Saturday 2 & Sunday 3 August (from 11pm) Genre: Entertainment

For the first time in its 37-year history, WWE's SummerSlam, dubbed 'the biggest party of the summer', is being extended to two nights, with Netflix streaming all the bone-crunching action live from 11pm on Saturday and Sunday.

The headline bout of the event, which is being held at the MetLife Stadium in East Rutherford, New Jersey, and is hosted by rapper Cardi B, will see current Undisputed WWE Champion John Cena defend his title against challenger Cody Rhodes in a Street Fight. Whatever the outcome, this is set to be Cena's last appearance at SummerSlam, as he's announced his retirement from wrestling in December.

Cena and Cody Rhodes

MOVING ON

'I've been doing this for a while, I've been in WWE for over two decades,' says Cena, 48, who first signed to the organisation in 2001 and has gone on to have a successful acting career, including superhero TV series *Peacemaker* and Prime Video's recent film *Heads of State*.

'No one person is bigger than the business, and WWE is constantly a programme of stories ending and new stories beginning.'

FACING OFF

Other high-profile matches over the weekend include the Women's World Championship, where current title holder Naomi will take on both Rhea Ripley and Iyo Sky in a Triple Threat Match. Following Naomi's heavily contested victory over both Ripley and Sky at the Evolution event in July, the challengers will be looking to settle a score.

There are also high stakes in the clash between two Irish stars of the WWE, as Lyra Valkyria challenges Women's Intercontinental Champion Becky Lynch in a Last Chance match for the title. Under the terms of the fight, a victory for Lynch would leave Valkyria banned from challenging for this title again for as long as Lynch continues to hold it.

HEAD FOR THE HILLS

Co-creator and star **Mike Judge** on the reboot of the hit animation

Hank and co in the original series

Disney+ King of the Hill

NEW *Genre: Animation Available: Monday 4 August Season: 14 Episodes: 10*

US animated sitcom *King of the Hill* launched in 1997 and ran for 13 seasons, with its finale going out in 2009 (four unaired episodes aired the following year). Almost 16 years later, Disney+ is reviving the Emmy-winning show, created by *Silicon Valley*'s Mike Judge and *Parks and Recreation*'s Greg Daniels.

Propane salesman Hank Hill (voiced by Judge) returns to the fictional suburban town of Arlen, Texas, with his wife Peggy (Kathy Najimy) after spending several years working in Saudi Arabia to build up a nest egg for the couple's retirement. Their son Bobby (Pamela Adlon), last seen as a child, is now a 20-something sushi chef in Dallas.

'Where [the revival] clicked for me was when we started talking about ageing the characters,' explains Judge. 'Because it's such a grounded, realistic show, it just felt right that they would be older.'

Hank is pleased to once again be drinking Alamo Beer with his long-time friends and neighbours: paranoid conspiracy theorist Dale (Johnny Hardwick/Toby Huss), depressed Bill (Stephen Root) and impossible-to-understand Boomhauer (Judge). However, he's far less happy with the changes in his home town.

'He comes back and there's a bike lane and a scooter lane,' says Judge. 'He's looking at all the stuff that's happened in the last 15 years, and there's a whole world of things that annoy Hank.'

WORDS: CAREN CLARK, JUDY EWENS, STEVEN PERKINS. PHOTOS: APPLE TV+, BBC, ITV, SKY, WWE/GETTY, TM & COPYRIGHT ©20TH CENTURY FOX FILM CORP. ALL RIGHTS RESERVED/COURTESY EVERETT COLLECTION/SHUTTERSTOCK, GETTY

Rogen and Byrne as Will and Sylvia

Seth Rogen and Rose Byrne are back as the fun-loving besties

Friend zone

tv+ Platonic

NEW *Available:* Wed 6 Aug
Genre: Comedy
Season: 2 *Episodes:* 10 (first two eps from 6 August, then weekly)

Luke Macfarlane plays Charlie

Will's upcoming marriage is putting his bond with best friend Sylvia in jeopardy in the second run of Apple TV+'s wry comedy *Platonic*.

In the last series, divorced Will (*The Studio*'s Seth Rogen) reconnected with mum of three Sylvia (*Physical*'s Rose Byrne), his old pal from college, after years apart due to a falling out. But as the pair relived their chaotic youth, they also realised how much they needed each other's support to weather the storms of approaching middle age.

The new series finds one-time brewery founder Will working in a corporate job for a restaurant chain and about to get married to Jenna (Rachel Rosenbloom), while ex-lawyer Sylvia, who is struggling to forge a career as an events planner, is organising their wedding.

GETTING COLD FEET?

But as Will and Sylvia land themselves in a series of outrageous scrapes once more, they fret about how Will's nuptials will affect their friendship, especially as Will is having jitters about marrying Jenna.

'It's questionable if Will is in love with Jenna,' says Rogen, 43. 'Because Will wants to grow up and be the man he thinks he should be, he lets the wedding plans progress. But he's not going to get the usual advice from Sylvia because she's got a lot of denial issues.'

In fact, Sylvia is walking on eggshells, as her previous rift with Will was caused by her criticism of his now ex-wife, so she goes out of her way to befriend Jenna, but the bride-to-be feels intimidated by Sylvia's relationship with Will, while Sylvia's supportive lawyer husband Charlie (Luke Macfarlane) is having a midlife crisis.

Rogen is also very proud of the series' hilarious but heartfelt exploration of male-female friendship.

'It's not something that a lot of film-makers and studios are making comedies about,' he says.

Rachel Rosenbloom as Jenna

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER The Narrow Road to the Deep North

The BBC1 drama sees Dorrigo (Jacob Elordi) propose to girlfriend Ella (Olivia DeJonge) as he prepares to head to war, but an encounter with his uncle's wife Amy (Odessa Young, above with Elordi) changes his life...

BBC iPLAYER Unforgivable

BBC2's powerful drama, penned by Jimmy McGovern, follows Anna (Anna Friel) as she tries to help her son, who was abused by her brother Joe (Bobby Schofield). But when Joe is released from prison, he must address his own traumatic past.

itvX Karen Pirie

As the Scotland-set crime drama returns on ITV1, a body is discovered, which leads the spirited cop (Lauren Lyle, above) to look into a cold case involving the kidnap of an heiress and her young son – and new evidence sheds fresh light on things.

sky box sets NOW Virgin media Mr Bigstuff

In the second run of Sky's comedy, Lee (Danny Dyer) and Glen (Ryan Sampson) are warned not to look for their dad, who they thought was dead. But chaos ensues when they locate his ex, Rita (Rula Lenska).

TV&Satellite week

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Dazzling Danube & Three Countries Cruise
7 nights full board from £2099pp SALE FROM £1999pp
Free Drinks
Entertainment every night
Budapest

4* MS Carmen by air - code DB5

● **Departs 30 May 2026**

ITINERARY Budapest, Hungary > Bratislava, Slovakia > Dürnstein > Linz & optional Salzburg visit > Melk > Vienna, Austria > Budapest

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

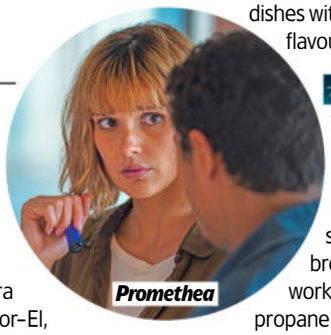
WWE SummerSlam
Saturday 2 August

Rapper Cardi B hosts the 38th annual professional wrestling two-day event from the MetLife Stadium in East Rutherford, New Jersey, featuring wrestlers from the WWE's Raw and SmackDown brand divisions. It starts at 11pm on Saturday. See feature, p16.

Revenge
Saturday 2 August

All four seasons of the US drama from 2011-15 starring Emily VanCamp as a young woman who returns to her childhood home town in the affluent Hamptons under an alias in order to get revenge on the wealthy family who wronged her father 20 years earlier.

Supergirl
Sunday 3 August



All six seasons of the superhero drama from 2015-21 starring *Glee*'s Melissa Benoist. After 12 years of keeping her powers a secret on Earth, Kara Danvers, AKA Kara Zor-El, finally embraces her superhuman abilities and becomes the hero she was always meant to be – Supergirl.

Hunting the Yorkshire Ripper
Sunday 3 August

Docuseries. In the late 1970s, the Yorkshire Ripper seemingly taunted the police by sending them letters and an audio recording. But they were from a hoaxer. Chris Gregg was a rookie detective on the case and, as he rose through the ranks, he was determined to catch the man who had diverted the investigation away from Peter Sutcliffe, allowing him to continue killing.

Taurasi
Thursday 7 August

Docuseries about American basketball legend Diana Taurasi, widely considered to be one of the greatest women's basketball players ever. She played her entire 20-season WNBA (Women's National Basketball Association) career for the Phoenix Mercury, winning three championships, and she also holds the record for most Olympic gold medals (six) in women's basketball.

All the Gods in the Sky
Monday 4 August

French horror film from 2018. Caring for his disabled sister on an isolated French farm, a guilt-ridden man seeks supernatural means to free them both from their physical constraints.

Four Hands Menu
Monday 4 August

Michelin-star Swedish chef Niklas Ekstedt joins forces with some of the world's most renowned culinary whizzes to create 'four-hands menus' – a collaborative dining experience in which two chefs work together to showcase their distinct styles and techniques, resulting in innovative dishes with unexpected flavour combinations.

King of the Hill
Monday 4 August

The animated sitcom returns for its 14th series after a 15-year break. Following years working in Saudi Arabia, propane salesman Hank Hill (voiced by the show's co-creator Mike Judge) returns to Texas with his wife Peggy (Kathy Najimy) while their now grown-up son Bobby (Pamela Adlon) is a chef in Dallas. See feature, page 16.

SEC Football: Any Given Saturday
Tuesday 5 August

Docuseries about American football from the team behind *Formula 1: Drive to Survive* that goes behind the scenes of the 2024 SEC (Southeastern Conference) season – featuring college football's most elite players and coaches.

Virgins
Sunday 3 August

Reality show following a group of four sexually inexperienced people on their quest to lose their virginity. Sonali wants to break free from her strict Indian upbringing, while 34-year-old Alex hasn't been on a date in a decade.

Platonic
Wednesday 6 August

The second season of the comedy centring on two best friends, Sylvia (*Physical*'s Rose Byrne) and Will (*The Studio*'s Seth Rogen), who reconnected after a number of years. Now, they must contend with new midlife hurdles including work, weddings and partners in crises. See feature, page 17.

The Proud Family: Louder and Prouder
Wednesday 6 August

The third season of the animated sitcom following Penny Proud and her family – parents Oscar and Trudy, siblings BeBe and CeCe and grandmother Suga Mama – as they navigate modern-day life.

Wednesday
Wednesday 6 August

The second season of the fantasy-drama series starring Jenna Ortega as Wednesday Addams, who has supernatural powers. She returns to the gothic halls of Nevermore Academy, where more dark and kooky mayhem awaits. See feature, page 4.

The Pickup
Wednesday 6 August

Action comedy starring Eddie Murphy and Pete Davidson as two mismatched armoured-truck drivers. On a routine cash pickup, the pair are ambushed by a gang led by a criminal mastermind (Keke Palmer), who forces them to help her steal $60 million from a casino. See feature, page 14.

Stolen: Heist of the Century
Friday 8 August

Documentary about one of the world's largest and most sophisticated diamond heists. In February 2003, a gang of thieves broke into the seemingly impenetrable Antwerp World Diamond Centre and snatched diamonds estimated to be worth between $100 million and $500 million that have never been found.

Promethea
Friday 8 August

French crime thriller from Walter Presents. After being hit by a car, a 17-year-old girl is left with no memory. Taken in by the family who accidentally struck her, she starts having disturbing visions of a murdered student, killed weeks earlier, and also develops supernatural powers.

Maria
Friday 8 August

Angelina Jolie stars as opera singer Maria Callas in a biographical drama from director Pablo Larrain. The film reimagines the final days of the Greek-American soprano – the one-time lover of shipping magnate Aristotle Onassis – before her death, aged 53, in Paris in 1977. See review, page 23.

WORDS: JUDY EWENS. PHOTOS: C4, DISCOVERY+, GETTY

Documentaries

Southern comfort

Griff Rhys Jones heads to Tennessee for his latest travel adventure

Rhys Jones gets airborne

With line-dancing champion George Blick

On Nashville's Music City Walk of Fame

What Happened at Hiroshima

Monday, 8.30pm, BBC1

Eighty years ago, World War Two ended after the US dropped atomic bombs on the Japanese cities of Hiroshima and Nagasaki, instantly killing around 120,000 inhabitants. Here, BBC journalist Jordan Dunbar (above) recounts the events leading up to this unprecedented nuclear deployment.

Billy Joel: And So It Goes

Saturday & Sunday, 9pm, Sky Documentaries (box set, Sky Box Sets & NOW)

American singer-songwriter Billy Joel's music takes centre stage in this exhaustive rockumentary. The usually very private Joel (left) opens up about his life, including the impact of his mostly absent father, and we also hear from ex-wife and former manager Elizabeth Weber, and recording artists including Pink.

Do You Have ADHD?

Tuesday, 8pm, C4

Despite an increase in diagnoses, of the estimated 2.6 million people in the UK with ADHD, just one in nine has been diagnosed, with nearly 200,000 waiting for an assessment. Dr Clare Bailey Mosley and Dr Karan Rajan (both above) examine each stage of an ADHD diagnosis and offer advice for viewers with symptoms.

WORDS: HANNAH DAVIES, JUDY EWENS, IAN MACEWAN. PHOTOS: ALAMY, BBC, C4, GETTY

NEW TRAVELOGUE

Griff's Great American South

Saturday, 9.10pm, C4

Nearly 40 years ago, Griff Rhys Jones first dipped his toe in the TV travelogue waters when he flew to Sudan to do some filming for Comic Relief. Since then, his subsequent small-screen sorties have taken the 71-year-old far and wide, to Australia, New Zealand, South Africa, Canada and Burma, as well as Wales, where he was born.

Now, for his latest trip, Rhys Jones is travelling across America's southern states, through Tennessee, Georgia, Alabama, Mississippi, Louisiana and South Carolina. And with both Nashville and New Orleans on the itinerary, there's a strong musical flavour to the Welshman's trip.

His six-part journey starts in Tennessee, where, as well as looking at a hydro-powered dam system that helped fuel the atomic age, he visits Nashville, home of country music and the world-famous Grand Ole Opry, which many people mistakenly assume is a concert venue.

COUNTRY LIFE

'It's important to understand that the Grand Ole Opry is not really a place,' says Rhys Jones. 'It is actually a radio show that has been broadcast every Saturday for over 5,000 consecutive Saturdays, and it has established Nashville as the country-music capital of the world.'

It is also the heartland of line dancing, and Rhys Jones is put through his paces by George Blick, a former world champion of 'boot-scooting' who, he is astonished to discover, also hails from Wales.

'He's the Fred Astaire of line dancing,' says Rhys Jones. 'And I found him hidden away here in Nashville!'

The cradle of many musical styles, the Deep South is also home to bluegrass, a virtuoso offshoot of country music and, as a keen banjo player, Rhys Jones hopes to find out more as he travels onward to Georgia, where he learns some of the history of the civil-rights movement in the state capital of Atlanta.

'I visited the Chicken House, home of bluegrass, an animated sort of country music, in the Appalachians,' he reveals.

Having been told that he should 'cut a shine' while he is there, a confused Rhys Jones eventually discovers that the phrase means to play a solo as part of a bluegrass band.

'I didn't want to get my banjo out!' he admits before gamely joining in. 'But if you have to "cut a shine", make sure there are lots of musicians banging it out around you! That way, who's to know what you sound like?!'

Air Crash: The Miracle Children of the Amazon

Thursday, 10pm, 5

In 2023, the world celebrated the miracle of four indigenous children being found alive in the Amazon jungle in Colombia after surviving a plane crash that killed all three adults on board including their mother. But two years on, the siblings remain in state custody while a bitter custody battle rages.

Saving Lives at Sea

Thursday, 8pm (times vary), BBC2

RNLI lifeboat crews share more dramatic footage of some of their extraordinary rescues as the 10th series continues. They include a 10-year-old boy swept out to sea on a paddleboard near North Berwick, and a yacht smashed to pieces on the rocks at the notorious Goodwin Sands, meaning a race against time to get the three casualties to safety.

Chloe Ayling was abducted but the media cast doubt on her story

Hostage horror

NEW FACTUAL

Chloe Ayling: My Unbelievable Kidnapping

Monday-Wednesday, 9pm, BBC3 (box set, BBC iPlayer)

London model Chloe Ayling was 20 when she was kidnapped in Milan, Italy, and held captive for a terrifying six days. Yet her ordeal continued after she returned to the UK when the media suggested it had all been an elaborate publicity stunt.

'The media and the public not believing me, even to this day, I want that changed,' says Ayling, who tells her story in a new three-part BBC3 documentary.

Ayling's nightmare began in July 2017 when she was booked for what she thought was a photo shoot in Milan. But when she arrived at the studio, she was grabbed by a man in a balaclava.

'I felt a hand come from behind covering my nose and mouth. I was in a panic, I couldn't breathe,' she says. 'My last clear image is a guy with a syringe and the feeling of slouching, going down, then black.'

Ayling was stuffed in a bag, thrown in the boot of a car and driven to a remote farmhouse, where she was handcuffed to a chest of drawers. There, she was told her loved ones had six days to pay the €300,000 ransom or she'd be sold as a sex slave as part of a dark-web auction.

ESCAPE PLAN

But despite her frightening situation, Ayling managed to cleverly befriend her kidnapper, Lukasz Herba, promising that they'd be together if she was released.

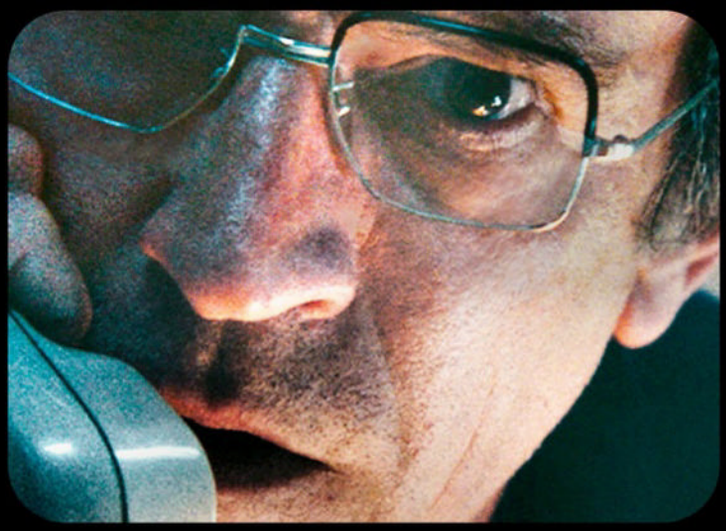
Kidnapper Lukasz Herba

He eventually drove her to the British consulate on condition that she wouldn't contact the police. But he was arrested soon after and sentenced to 16 years for the kidnapping.

Back in the UK, Ayling's story created a media storm. Even now, some still believe she staged her abduction to benefit her career.

'The hate always continued, it never went away,' she says. 'The aftermath has definitely affected me more long-term than the actual kidnap itself. I just hope I can finally put it behind me.'

Films Our pick of this



SEPTEMBER 5

A tense, taut thriller that recounts the terrorist attack at the 1972 Olympics

HISTORICAL THRILLER

From Thursday, Paramount+ and Sky Premiere, 7.50am & 9.50pm

★★★★

'It's not about politics, it's about emotion.' Roone Arledge (played by Peter Sarsgaard), ABC's head of sports, has a maxim that comes in handy when his team of TV sports reporters end up live-streaming the fallout when 11 Israeli athletes are taken hostage by Black September terrorists at the Munich Olympics in 1972.

Cleverly interspersing archive footage of the original broadcast with the scripted drama in the control room featuring Sarsgaard and his team – including John Magaro's spiky producer, Ben Chaplin's conflicted VP of Olympic coverage and Leonie Benesch's dogged German interpreter – creates a claustrophobic docu-drama urgency that bristles with suspense and ethical complexities throughout. That a team of sports broadcasters have to deal with the wider implications of journalistic integrity as they break one of the biggest news stories of all time only adds to the nerve-shredding tension.

Remaining apolitical in terms of the historical context did create some controversy on the film's release. But director and co-writer Tim Fehlbaum's film boasts dynamic yet unshowy performances, a taut, pacy script, and Markus Förderer's brilliant 1970s-video-style cinematography, making it a riveting snapshot of a day that changed news media forever. 2024, 15, 95MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, HEIDI RICE

More premieres and Day by Day planner

week's Best Movies

SCI-FI HORROR

M3GAN 2.0

Available now to buy or rent from digital stores, including Prime Video and Sky Store ★★★

This sequel to 2022's surprise horror hit revives the murderous robot doll but adopts a different tone, replacing the original's creepy chills with sci-fi action. Fans will be relieved, however, that the first movie's goofy comedy – and the doll's fondness for killer dance moves – remains intact. This time out, M3GAN (performed by Amie Donald, voiced by Jenna Davis) isn't the plot's biggest menace. That's a military-grade AI robot called Amelia (Ivanna Sakhno) who has gone rogue, forcing M3GAN's designer (Allison Williams) to resurrect her creation to combat this new menace. Despite being overlong and messy, the film still has enough sassy humour, brisk action and up-to-the-moment satire to keep the franchise alive. 2025, 15, 120MIN

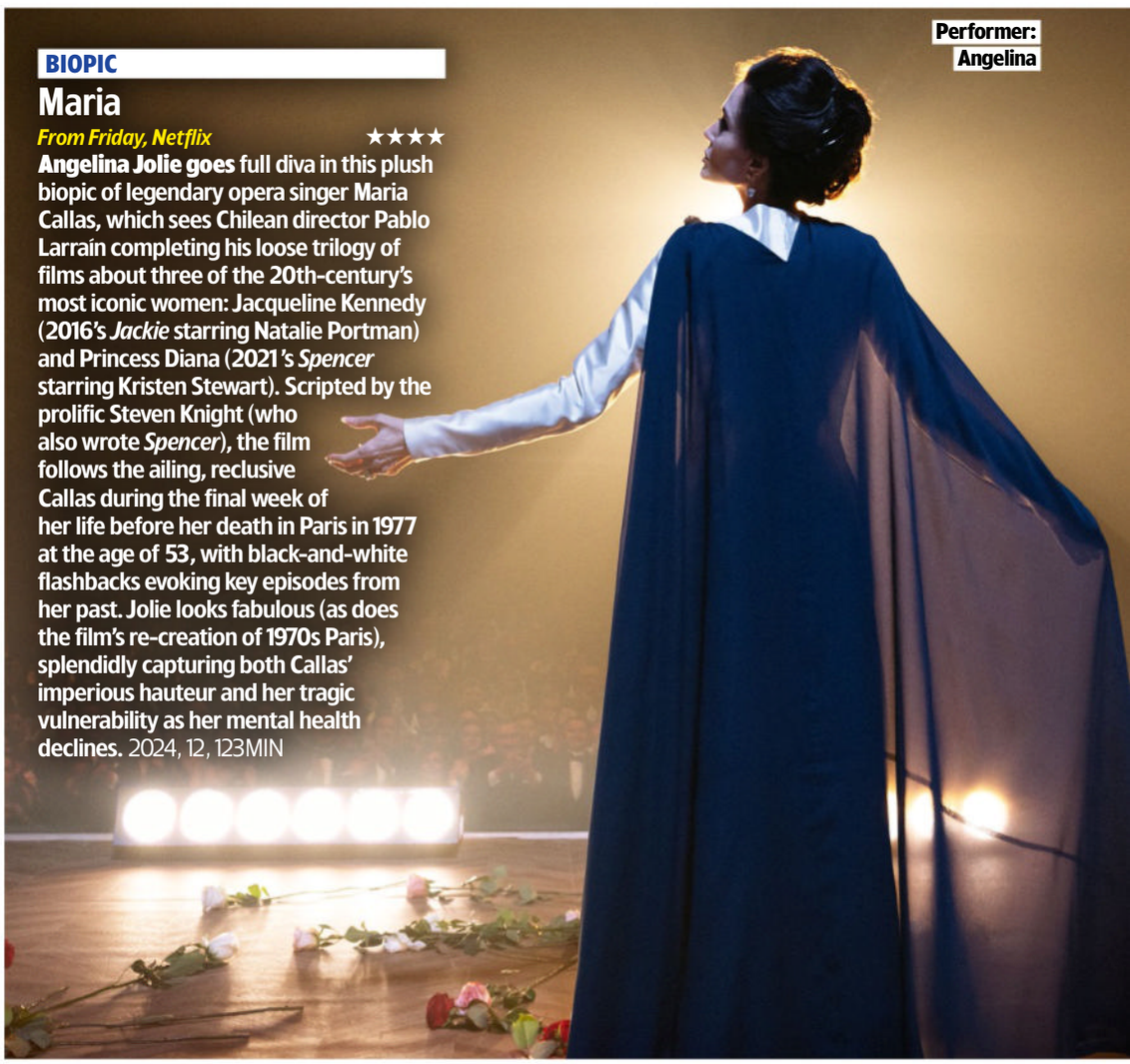
M3gan goes cyberpunk

BIOPIC

Maria

From Friday, Netflix ★★★★

Angelina Jolie goes full diva in this plush biopic of legendary opera singer Maria Callas, which sees Chilean director Pablo Larraín completing his loose trilogy of films about three of the 20th-century's most iconic women: Jacqueline Kennedy (2016's *Jackie* starring Natalie Portman) and Princess Diana (2021's *Spencer* starring Kristen Stewart). Scripted by the prolific Steven Knight (who also wrote *Spencer*), the film follows the ailing, reclusive Callas during the final week of her life before her death in Paris in 1977 at the age of 53, with black-and-white flashbacks evoking key episodes from her past. Jolie looks fabulous (as does the film's re-creation of 1970s Paris), splendidly capturing both Callas' imperious hauteur and her tragic vulnerability as her mental health declines. 2024, 12, 123MIN



Performer: Angelina

Blue flash: Sonic

FAMILY FANTASY

Sonic the Hedgehog 3

Friday, 9am & 8pm, Sky Premiere ★★★

The peppy videogame character is back for his third movie adventure, serving up a family friendly mix of live-action and animation that is every bit as furiously manic and silly as you would expect. Jim Carrey's mad scientist Dr Robotnik is also back, and povides a double dose of his lunatic comedy as Robotnik's even crazier grandfather. The globe-spanning plot pitches Sonic (voiced again by Ben Schwartz) and his animal pals Knuckles (Idris Elba) and Tails (Colleen O'Shaughnessy) against a rival hedgehog named Shadow (Keanu Reeves). 2024, PG, 110MIN

DRAMA

The Salt Path

Available now to buy or rent from digital stores ★★★★

Ignoring the current controversy and furore surrounding the authenticity of Raynor Winn's best-selling memoir, it's adapted here into a slow-burning and affecting drama set against some spellbinding British scenery. Gillian Anderson and Jason Isaacs give unpretentious performances as Raynor and Moth Winn who go on a 600-plus mile trek along England's South Coast path after being made homeless and Moth's diagnosis with a degenerative condition. It's in the small intimate moments and the landscape itself where the film shines. 2024, 12, 115MIN

Enjoy the sea air: Gillian and Jason

TV&Satellite Week

Films

Sofa so good: Julianne and Tilda

DRAMA

The Room Next Door

Sunday, 7.35am & 10.10pm, Sky Premiere ★★★★

Pedro Almodovár's first English-language feature is an exquisitely filmed, quietly moving chamber drama starring Julianne Moore and Tilda Swinton as two old friends, one a writer, the other a war reporter, who are reunited under the shadow of death.

The pair rediscover their connection when Ingrid (Moore) learns that Martha (Swinton) has terminal cancer, but a challenging request from Martha puts their renewed bond to the test. It takes a little while to adjust to the strangeness of hearing Almodovár's typically stylised dialogue in English, but Moore and Swinton's mesmerising performances quickly immerse us in the drama.

The film's look is also typically stylised, featuring ravishing locations, vivid primary colours and stylish clothes, but beneath the surface lie deep emotions and themes. Look out for John Turturro and Alessandro Nivola, who both make their presence felt in small but quietly essential supporting roles. 2024, 12, 106MIN

Hidden gems Great movies you might have missed...

ROMANCE

Labor Day

Paramount+ ★★★★

For this captivating romantic drama, Josh Brolin plays an escaped con who uses a mix of bluff, charm and slight menace to cajole Kate Winslet's depressed single mum and her callow young son Gattlin Griffith into hiding him in their home. But as the holiday weekend of the title unfolds, hunky Brolin and the heartbroken Winslet begin to fall in love... Yes, it's overcooked at times, but the film has an underlying sense of passion and the stars are both terrific. 2013, 12, 111MIN

COMEDY

The Party

BFI Player ★★★★

Sally Potter's deliciously tart comedy revolves around a dinner party that goes painfully pear-shaped. Politician Kristin Scott Thomas is the host, Timothy Spall her distracted husband, and Cherry Jones, Emily Mortimer, Cillian Murphy, Patricia Clarkson and Bruno Ganz their squabbling guests. Shot in black and white and briskly paced, this scathing intellectual farce may appear stagey but it positively zings with energy and acid wit throughout. 2017, 15, 71MIN

WORLD CINEMA

The Lunchbox

Mubi ★★★★

This charming Indian film may be set in Mumbai but it is a world away from the exuberant flash and glamour of Bollywood in style and mood. The story springs from the city's legendarily efficient lunchbox delivery service, which uncharacteristically goes awry for lonely housewife Nimrat Kaur. Intended for her negligent husband, her lunchbox arrives on the desk of widower Irrfan Khan, sparking a gentle and tender friendship. 2013, PG, 105MIN

Saturday 2 August

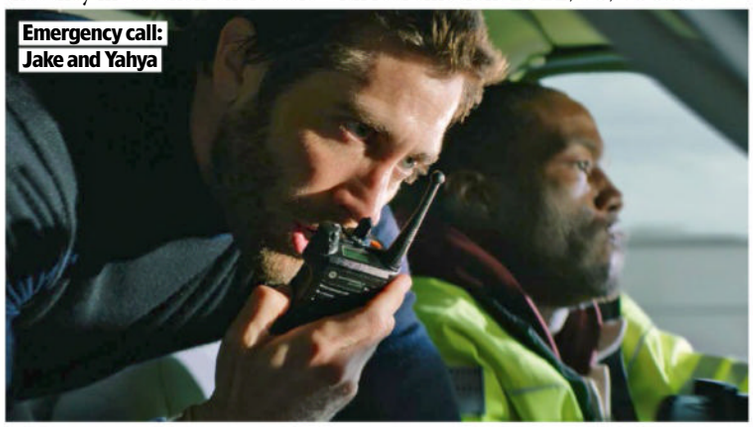
ACTION

Ambulance

10.10pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A daring robbery of LA's Federal Bank is orchestrated by Jake Gyllenhaal's Danny, who ropes in his brother Will (Yahya Abdul-Mateen II) as an unwilling accomplice. Inevitably, the heist goes wrong and a thunderous battle ends not with the bad guys $32million richer, but with Danny and Will fleeing in a hijacked ambulance, while gutsy paramedic Cam (Eiza Gonzalez) tries to save the life of a cop who's bleeding in the back. Cameras swooping and swirling, director Michael Bay's dizzying demolition derby is a bonkers, ballistic, non-stop thrill ride – so it's to the skilful stars' credit that they invest their characters with real emotion. 2022, 15, 136MIN



Emergency call: Jake and Yahya

PERIOD COMEDY

An Ideal Husband

2.25pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

'To love oneself is the beginning of a lifelong romance!' Rupert Everett is ideally cast as Lord Goring, a comically conceited chap who's the witty life and soul of 1895 London. However, when Julianne Moore's blackmailing Mrs Cheveley arrives on the scene, he's forced into some choice scheming of his own to protect his married friends Cate Blanchett and Jeremy Northam. Loosely adapted from the Oscar Wilde play, this is witty and elegant with first-rate performances – Moore and Everett's cutting scenes are particularly enjoyable. 1999, PG, 95MIN

THRILLER

Spectre

8.30pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

In his fourth Bond outing, Daniel Craig swaggers through a film that positively revels in the series' heritage. The action set pieces are dazzling (including an intricate single take opening sequence set in Mexico City) and everywhere you look there are nods, nudges and witty allusions to 007's past escapades. The plot sees Bond on another globe-hopping quest in pursuit of the shadowy organisation that's dogged his previous missions while, back home, Ralph Fiennes' M battles Andrew Scott's plan to replace 00s with drones and satellites. 2015, 12, 148MIN

EPIC

Gladiator

10.20pm, BBC1 (11pm NI) ★★★★

Sex ●●● Violence ●●● Language ●●●

Roman army general Russell Crowe gets on the wrong side of malicious new emperor Joaquin Phoenix. After escaping execution and with his family killed, Crowe has nothing but revenge to live for and ends up fighting as a gladiator in Rome's Colosseum. But, courtesy of his new master Oliver Reed, the paths of the two men are destined to cross again... With its in-your-face battle scenes and brilliant acting from a super cast that also includes Peter O'Toole and Richard Harris, director Ridley Scott delivers a classy epic that packs a punch. 2000, 15, 154MIN

CLASSIC CHILLER

Psycho

12.15am, Sky Thriller ★★★★★

Sex ●●● Violence ●●● Language ●●●

Janet Leigh relieves her employer of $40,000 then checks into the Bates Motel, where owner Anthony Perkins' room service leaves something to be desired. Director Alfred Hitchcock's most famous film has its fair share of black humour, and the sheer ferocity of the infamous shower murder is still powerful stuff. The film was condemned on its release for being lurid and disgusting, but is now rightly regarded as one of the greatest chillers of all time. 1960, 15, 109MIN

■ Full listings start on **p35**

Sunday 3 August

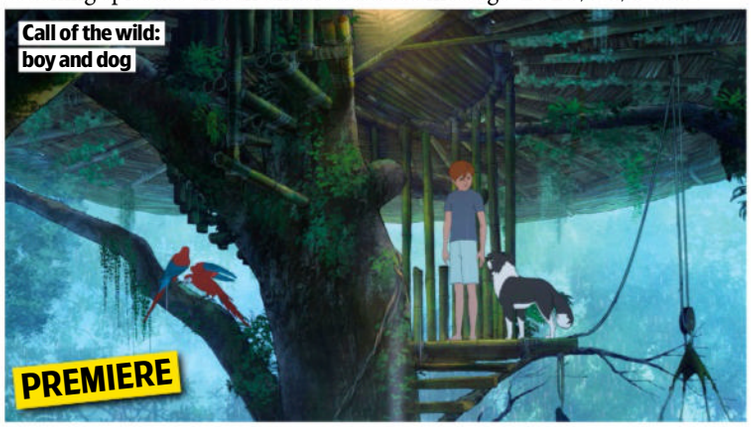
ANIMATION

Kensuke's Kingdom

3.35pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

A mutinous youngster (voiced by Aaron MacGregor) smuggles his dog aboard a yacht on which his family – mum (Sally Hawkins), dad (Cillian Murphy) and sister (Raffey Cassidy) – are sailing around the world. But a violent storm sweeps boy and dog overboard and they wash up on a desert island where they find a mysterious Japanese man (Ken Watanabe) who's lived there secretly since World War Two. Based on the children's book by Michael Morpurgo, this charming animation boasts beautifully spare and richly evocative visuals with a story combining moments of peril, quietly touching episodes and an understated eco message. 2023, PG, 84MIN



Call of the wild: boy and dog

PREMIERE

CLASSIC DRAMA

All About Eve

2pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

George Sanders' razor-sharp turn as cynical drama critic Addison DeWitt won one of this classic drama's six Oscars (it was nominated for a record 14). Bette Davis also has one of her defining roles (and delivers the legendary line, 'Fasten your seatbelts, it's going to be a bumpy night!') as embattled Broadway actress Margo Channing, who sees venomous young rival Eve Harrington (a luminous Anne Baxter) clawing past her on her way to stardom. Still the wittiest celebration of the back-biting behind the big smiles of showbiz. 1950, U, 138MIN

SCI-FI THRILLER

Children of Men

10pm, BBC2 (not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Alfonso Cuarón's stunning thriller offers a chilling, all-too-plausible vision of a bleak future. In 2027 Britain, terrorist action is rife, draconian immigration laws are brutally enforced and it's 18 years since a human child was born. So it's a bit of an event that refugee Clare-Hope Ashitey's pregnant. Clive Owen is superb as a jaded former activist roped in on the dangerous mission to get this valuable commodity to safety, while Michael Caine and Julianne Moore are also involved in their haunting, nightmarish and not-to-be-missed journey. 2006, 15, 109MIN

CRIME COMEDY

Hustlers

10pm, E4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Jennifer Lopez is indecently charismatic as she swaggers her way through this sizzling, true-story inspired movie. In the wake of the 2008 financial crash, a band of strippers played a hustle of their own against their Wall Street clients. These men scammed the country and got away with it, reasons Lopez's Ramona, having taken Constance Wu's newbie Destiny under her wing. Hopping between the late-2000s and 2014, with Julia Stiles' journalist interviewing Destiny, this is sharp, savvy entertainment. 2019, 15, 110MIN

COMEDY DRAMA

French Exit

12m't, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

This stylish comedy finds Michelle Pfeiffer on fine form as a wilful New York socialite who moves to Paris, having exhausted her fortune ('My plan was to die before the money ran out') 12 years after the death of her filthy rich husband. She still travels and arrives in style, accompanied by her aimless son (Lucas Hedges) and a cat that appears to contain the soul of her late spouse. Pfeiffer is fabulous, even as her self-absorbed character tests our patience and sympathy. 2020, 15, 113MIN

■ Full listings start on **p45**

Weekday movies over page

Films Weekday movies

Monday 4 August

ROMCOM

Anyone But You

8pm, Sky Favourites ★★★★

Sex ●●○ Violence ○○○ Language ●●●

Hooking up one night, the sparks fly for Sydney Sweeney and Glen Powell. But a frankly contrived misunderstanding means they don't see each other again until a hate-at-first-sight scenario months later. Then they have to be under the same roof again when Sweeney's sister (Hadley Robinson) and Powell's best friend (Alexandra Shipp) get married – in Australia. You may be able to see where this is going from as far as the moon, but the appealing stars make light work of every implausible plot device. 2023, 15, 103MIN

Touch and go: Glen and Sydney

ROMCOM

The Five-Year Engagement

7.40am & 5.10am, Sky Favourites ★★★

Sex ●●○ Violence ○○○ Language ●●○

Emily Blunt and Jason Segel make an engaging couple in a gently offbeat romcom. Segel's chef proposes to Blunt, but before they can walk down the aisle, fate throws a series of obstacles in their path, putting the wedding on ice... The film may have taken its title too literally – it is overly long – but Blunt is adorable and Segel's laid-back charm proves winning, too. 2012, 15, 125MIN

CAPER

Ocean's Eight

8pm, Sky Thriller ★★★★

Sex ○○○ Violence ○○○ Language ●○○

This glossy spin-off from the *Ocean's* series is slick, sharp and breezy fun. Sandra Bullock's Debbie Ocean (sister of George Clooney's character), plots to steal a $150million necklace from New York's Met Gala. Cate Blanchett is her right-hand woman, Helena Bonham Carter a ditsy fashion designer and Anne Hathaway an A-list actress, while Rihanna, Mindy Kaling, Sarah Paulson and Awkwafina round out the team. 2018, 12, 110MIN

HORROR

Overlord

12.50am, C4 ★★★★

Sex ●○○ Violence ●●● Language ●●○

On the eve of D-Day, a band of US paratroopers are on a mission to destroy a German radio tower atop an old church in a small Normandy town. Beneath the church, however, is a secret laboratory where an evil Nazi scientist is hard at work on grisly experiments... Brace yourself for an onslaught of gory action and disgustingly icky horror. If you're in the mood for some down-and-dirty exploitation movie fun, this is a blast. 2018, 18, 110MIN

PERIOD DRAMA

Pawn Sacrifice

2am, Sky Drama ★★★★

Sex ○○○ Violence ○○○ Language ●○○

A riveting Tobey Maguire plumbs the depths of genius and madness in this enthralling story of American chess prodigy Bobby Fischer. The film revolves around his celebrated contest against reigning Soviet champion Boris Spassky (Liev Schreiber) in Reykjavik in 1972, doing a fine job of capturing the Cold War madness against which the contest played. 2014, 12, 115MIN

■ Full listings start on p55

Tuesday 5 August

SCI-FI

Dune: Part Two

8pm, Sky Sci-Fi/Horror ★★★★★

Sex ●○○ Violence ●○○ Language ●○○

Wrangling the unruly elements of Frank Herbert's novel, director Denis Villeneuve delivers a richly satisfying sequel that fulfils and exceeds its predecessor's promise. The action picks up shortly after *Part One*, with Paul (Timothée Chalamet) and Jessica (Rebecca Ferguson) joining the Fremen, who live as one with the planet Arrakis. But as Paul bonds with Fremen scrapper Chani (Zendaya), he has nightmares of a grim destiny… A magnificent epic, conjuring wonder, scale and impact. 2024, 12, 166MIN

Sand man: Timothée

ANIMATION

Ron's Gone Wrong

12.40pm, Film4 ★★★★

Sex ○○○ Violence ○○○ Language ○○○

Ron (voiced by Zach Galifianakis) is a B*Bot: a robo-companion like a cross between Wall•E, BB-8 and Baymax that's taken the world by storm. But by the time he reaches new master Barney, he's developed defects. Their unconventional friendship won't startle anybody who's seen *Short Circuit*, but the level of contextual sophistication impresses, with data harvesting and online bullying addressed between the ace comedy and action beats. 2021, PG, 107MIN

PERIOD DRAMA

The King's Speech

6pm, Sky Favourites ★★★★★

Sex ○○○ Violence ○○○ Language ●●○

A hit with audiences, critics and Oscar voters alike, *The King's Speech* takes a footnote from royal history and transforms it into an enthralling human drama. Oscar-winner Colin Firth is superb as the future King George VI who struggles to overcome his debilitating stammer, while equally good are Geoffrey Rush as Australian therapist Lionel Logue and Helena Bonham Carter as the King's consort. 2010, 12, 118MIN

CRIME COMEDY

Twist

11.05pm, Sky Family ★★★

Sex ○○○ Violence ●○○ Language ●○○

This fast-paced, fresh-faced modern take on Dickens' *Oliver Twist* will leave you begging for more. Raff Law is charismatic as Oliver, an agile, Parkour-loving orphan who gets embroiled with a gang of thieves run by the inimitable Fagin (Michael Caine). Joining them are Rita Ora as Dodge and Lena Headey as the evil Sikes, while David Walliams gives a neat comic turn as an arrogant art dealer targeted by the gang. 2021, 12, 90MIN

DRAMA

45 Years

11.25pm, Film4 ★★★★★

Sex ●○○ Violence ○○○ Language ●○○

Charlotte Rampling and Tom Courtenay are about to celebrate their 45th wedding anniversary, but an unexpected letter stirs up disappointment, jealousy and resentment. A quietly heartbreaking drama with the stars on top form, brilliantly conveying the roiling emotions and uncertainties of a couple who never expected to find themselves so close to the edge. 2015, 15, 95MIN

■ Full listings start on p65

Wednesday

DRAMA

Joker: Folie à Deux

9.50pm, Sky Icons ★★★★

Sex ●●○ Violence ●●● Language ●●●

Following his fearless, Oscar-winning turn in Todd Phillips' controversial 2019 film, Joaquin Phoenix goes for broke again in this provocative sequel. Phoenix's Arthur Fleck is in Arkham asylum awaiting trial for

In tune: Lady Gaga and Joaquin

FAMILY COMEDY

The Cat in the Hat

9.40am, Sky Family ★★★★

Sex ○○○ Violence ○○○ Language ○○○

Buried under a layer of fur, Mike Myers excels as a big talking cat in a red and white hat who leaps into the lives of squabbling brother and sister Spencer Breslin and Dakota Fanning and spreads chaos like so much spoiled kitty litter in this adaptation of the Dr Seuss children's favourite. Myers' rapid-fire quips, facial contortions and endless exuberance guarantees a very funny and deliriously daffy experience. 2003, PG, 82MIN

THRILLER

Black Sea

11.35pm, Film4 ★★★

Sex ○○○ Violence ●●○ Language ●●○

Jude Law's veteran submarine captain leads a fractious British and Russian crew on a hunt for sunken treasure in this action thriller. As the men go after the loot – a fortune in Nazi gold lying in the hold of a wrecked U-boat at the bottom of the Black Sea – they find all manner of external and internal perils standing in their way. The plot doesn't entirely hold water, but it builds up some good, sweaty, claustrophobic tension. 2014, 15, 115MIN

6 August

murder. His notoriety as the Joker has won him legions of fans, including fellow patient and pyromaniac Harleen 'Lee' Quinzel (Lady Gaga). Their unlikely romance plays out as a series of colourful, bizarre musical fantasy sequences dripping with irony. Otherwise, it's a deliberately dour film, held together by the hypnotic stars. 2024, 15, 138MIN

Thursday 7 August

WESTERN

The Thicket

9.30am & 11.35pm, Sky Premiere ★★★

Sex ●●● Violence ●●● Language ●●●

Peter Dinklage shines as a bounty hunter in this lean, mean Western. Within a bleak snowscape, he's after Juliette Lewis (a revelation as a throaty, off-kilter murderer) after she kidnaps Esme Creed-Miles, the teen sister of Levon Hawke, who accompanies Dinklage and partner Gbenga Akinnagbe on the trek. The acting is suitably muscular as the brutality of the era is laid bare, complemented perfectly by the harsh, inhospitable terrain. This may not rewrite the Western, but it does the genre justice. Starts Saturday. 2024, 15, 108MIN

Killer instinct: Peter and Juliette

Friday 8 August

COMEDY

Long Shot

11.20pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

About to announce a run for the presidency, Charlize Theron plays a high-flying US politician, while Seth Rogen is a bolshie journalist with an unerring aim when it comes to shooting himself in the foot. She also happens to be his former teen babysitter and the sparks unexpectedly fly when he's brought in to punch up her speeches. The chalk-and-cheese stars hit it off hilariously and get strong support from O'Shea Jackson as Rogen's pal in a bright, witty film with a lot of heart. 2019, 15, 125MIN

In the spotlight: Seth and Charlize

MUSICAL

Dear Evan Hansen

12.30am, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

This film version of the Broadway hit retains stage star Ben Platt in the role of anxious, depressed Evan, who feigns friendship with classmate Connor (Coltan Ryan) after he takes his own life, only for the white lie to grow larger and darker... Modestly staging its tunes, this is a toe-tapping film about mental health, loneliness and loss, helped by a strong supporting cast including Julianne Moore and Amy Adams. 2021, 12, 137MIN

CHILLER

The Night House

1.50am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Devastated by the suicide of her husband, teacher Rebecca Hall is pushed even further into mental anguish as she discovers he had some truly dark secrets. This classy chiller may bite off more than it can chew, but is kept grounded by an incredible performance from Hall. As creepy as it is mysterious, this also boasts a couple of jump-out-of-your-seat scares. 2021, 15, 103MIN

■ Full listings start on p75

COMEDY

This Is 40

9.45pm, Sky Hits ★★★

Sex ●●● Violence ●●● Language ●●●

Judd Apatow's spin-off from his romcom *Knocked Up* catches up with two of that film's sidekicks, married couple with two daughters Leslie Mann and Paul Rudd, as they approach the birthdays of the title. Both face problems with their businesses and fathers, as well as a raft of domestic anxieties. It's a bit hit and miss, but there are laughs to be had, too, as well as good support from Chris O'Dowd and Melissa McCarthy. 2012, 15, 134MIN

THRILLER

Lord of War

10.45pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

Nicolas Cage stars as Yuri Orlov, the world's richest arms dealer, who marries his dream girl (Bridget Moynahan), enlists his younger brother (Jared Leto) into his evil trade and is pursued by Ethan Hawke's Interpol agent. With razor-sharp dialogue, brilliant scenes (don't miss the super bullet's-view opening shot) and great acting, this clever and involving film has a lot to say about the sorry state of the gun-happy world. 2005, 15, 122MIN

CLASSIC WAR DRAMA

Apocalypse Now

11.55pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Battle-weary US army captain Martin Sheen tracks down renegade colonel Marlon Brando in Francis Coppola's magnificently restored *Final Cut* version of his awesome Vietnam War epic. Brando is unforgettable and Robert Duvall ('I love the smell of napalm in the morning!') also makes a charismatic impact in the film that remains probably the best ever depiction of the horror and madness of war. 1979, 15, 180MIN

COMEDY

Roxanne

12.25am, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Steve Martin's hilarious updating of the classic *Cyrano de Bergerac* play transposes the action from 17th-century France to modern-day Vermont. It's a delightful film, with Martin giving a beautifully understated performance as a fire chief with a huge nose who falls for astronomer Daryl Hannah, but helps dim Rick Rossovich to woo her. 1987, PG, 102MIN

■ Full listings start on p85

HORROR

The Exorcist: Believer

Starts today, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

Teen pals Lidya Jewett and Olivia O'Neill go missing in the woods and return three days later, harbouring gravel-voiced demonic cargo. There are some decent frights here, but just as the scares intensify, the film loses momentum by splitting its time between the girls' families, with Leslie Odom Jr as Jewett's rattled dad, while Ann Dowd, as a nurse with demon-wrangling previous, and Ellen Burstyn (mum in the 1973 classic) are underused. 2023, 15, 111MIN

DRAMA

A Mistake

11.40am & 10.15pm, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

A sombre drama set in New Zealand, in which ace surgeon Elizabeth Banks oversees a procedure that ends in tragedy. When hospital management – headed by a supercilious Simon McBurney – looks into whether Banks was responsible for the patient's death while also trying to shield itself, she begins to unravel. Showing off her acting chops, Banks is superb with a raw take on a woman coming undone. 2024, 15, 101MIN

ANIMATION

The Garfield Movie

7.35pm, Sky Animation ★★★

Sex ●●● Violence ●●● Language ●●●

With peppy vocals by Chris Pratt as the lasagne-loving feline and a hectic caper plot, this animation is an ostensibly fresh chapter for the comic-strip star. Very much aimed at kids, the plot involves an errant dad (Samuel L Jackson) who abandoned Garfield as a kitten to be raised by cartoonist Jon (Nicholas Hoult). Then dad and son are reluctantly reunited to carry out a robbery for a vengeful Persian cat (Hannah Waddingham). 2023, U, 101MIN

COMEDY

13 Going on 30

12m't, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

Jennifer Garner's radiant smile lights up the screen, as the magically grown-up version of a 13-year-old girl who wishes she were older. This romantic comedy is immensely likeable and, with Mark Ruffalo as Garner's ex, charmingly played. The secret of the film's success is that it takes a silly idea and wraps it in real emotions – and the closing time-shift transition is inspired. 2004, 12, 98MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

Oval Invincibles' men and London Spirit's women claimed the trophies last season

THE MAIN EVENT

The Hundred

Cricket legends **Sir James Anderson and David Warner** make their tournament debuts

LIVE CRICKET

From Tuesday, BBC2, Sky Showcase, Sky Sports Cricket & Sky Sports Main Event

The short-form cricket competition returns for a fifth season this week as 2024 men's winners Oval Invincibles and women's champions London Spirit defend their titles.

The action begins on Tuesday with a London double-header between Spirit and Invincibles at a sold-out Lord's (BBC2 & Sky) before the first round of matches continues with Sky Sports' coverage of Manchester Originals versus Southern Brave at Old Trafford on Wednesday, Northern Superchargers against Welsh Fire at Headingley on Thursday, and Friday's clashes between Birmingham Phoenix and Trent Rockets at Edgbaston.

Here, we pick six players to watch out for this year…

WORDS: IAN FARRINGTON, SEAN MARLAND, RICHARD MCCLURE. PHOTOS: ALAMY, GETTY

SIR JAMES ANDERSON
(Manchester Originals)
The former England hero will be playing in his first franchise tournament – at the age of 43. The Lancashire pace bowler has been selected by Originals as a wildcard after impressing this season in the T20 Blast. 'The Hundred attracts a lot of younger people and families,' says Anderson. 'You can't underestimate how important that is for our game.'

DAVID WARNER
(London Spirit)
The former Australia batter will also make his debut in The Hundred after being selected by London Spirit. The 38-year-old is reunited with his former Australia coach Justin Langer – and as a long-time foe of English cricket, Warner is expecting a spicy reception from opposition fans. 'If they want to boo me, boo me,' he says. 'I love that stuff. That's what gets me going.'

ROCKY FLINTOFF
(Northern Superchargers)
Another wildcard pick is Northern Superchargers' Rocky Flintoff, the son of Andrew 'Freddie' Flintoff, who manages the Headingley-based men's team. The 17-year-old is the youngest cricketer ever selected for an England Lions tour and scored a quick-fire century against a Cricket Australia XI in Brisbane in January.

NAT SCIVER-BRUNT
(Trent Rockets)
The England captain was top batter in last year's women's competition, notching 303 runs over the course of eight fixtures for Trent Rockets. The 32-year-old's strike rate makes her one of the most explosive players in The Hundred and her ability to speed up the scoring will be crucial if the Trent Bridge outfit are to push up the league.

ELLYSE PERRY
(Birmingham Phoenix)
Arguably the world's best female cricketer, the Australian all-rounder scored over 200 runs in last year's competition, while averaging a wicket a match with the ball in her hand. The Phoenix captain will be desperate to improve on last year's disappointing campaign when the team finished seventh in the table, and has been on good form during the winter.

MEG LANNING
(Oval Invincibles)
The ex-Australian captain got a taste of The Hundred last summer after being signed by crosstown rivals London Spirit. She won the title with the Lord's-based side in 2024 and her ability to score runs quickly at the top of the order, along with her strong leadership skills, will be crucial to Invincibles if they're to reclaim the crown they won in 2021 and 2022.

Celtic star Kieran Tierney

Rangers coach Russell Martin and captain James Tavernier

LIVE FOOTBALL

Scottish Premiership

Saturday-Monday, Sky Sports Football & Sky Sports Main Event

The Scottish Premiership season begins over the weekend when the new Rangers coach, former Scottish international Russell Martin, takes his team to Motherwell (Sat, kick-off 5.30pm). The ex-Southampton boss, who had a short stint at Ibrox as a player, has brought in winger Djeidi Gassama from Sheffield Wednesday and Joe Rothwell and Max Aarons from Bournemouth as he tries to stop Celtic's league dominance. Meanwhile, Brendan Rodgers' champions start at home to St Mirren on Sunday (kick-off 4.30pm). The Hoops will be seeking a fifth consecutive title, with Kieran Tierney returning to the club following a six-year spell at Arsenal.

Lions fly-half Finn Russell

LIVE RUGBY UNION

Australia v British & Irish Lions: Third Test

Saturday, kick-off 11am, Sky Sports The Lions & Sky Sports Main Event

As the tour concludes at Sydney's Stadium Australia, coach Andy Farrell and his Lions will want to round off with another victory. The side had a fine start to the three-match series, with a hard-fought 27-19 win over the Wallabies in Brisbane. Scotland star Finn Russell contributed nine points with the boot, while flanker Tom Curry bagged a try as part of his domineering performance.

Phoebe Gill

LIVE ATHLETICS

UK Championships

Saturday & Sunday, BBC iPlayer & BBC Red Button

The World Championships are on the horizon, and our top athletes will be battling for national titles and a place in the British team as the UK Championships returns to the Alexander Stadium in Birmingham for the first time since 2019. The field looks set to include defending middle-distance champions Phoebe Gill and Georgia Hunter Bell, while two-time world heptathlon champion Katarina Johnson-Thompson is expected to compete as she prepares to defend her title in Tokyo in September.

Oscar Piastri of McLaren

LIVE MOTORSPORT

F1: Hungarian Grand Prix

Sun, race starts 2pm, Sky Sports F1 & Sky Sports Main Event

McLaren have enjoyed a superb first half of the season but will want an easier race than last year at Hungaroring. Twelve months ago, Oscar Piastri claimed his first Grand Prix win ahead of teammate Lando Norris, against the backdrop of a row about team orders when Norris refused to let the Australian driver past him until just two laps from the end.

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Sport week A-Z GUIDE

ATHLETICS

LIVE UK Championships
Sat & Sun 11.20am BBC iPlayer & BBC Red Button
From Alexander Stadium. See p29.

AUSTRALIAN RULES

LIVE Sydney Swans v Essendon Bombers
Sat 7am TNT Sports 4 (bounce-up 7.15am) AFL action.

LIVE Gold Coast Suns v Richmond Tigers
Sat 7am TNT Sports 1 (bounce-up 7.10am) AFL match.

LIVE Collingwood Magpies v Brisbane Lions
Sat 10.30am TNT Sports 4 (bounce-up 10.35am) AFL game.

LIVE St Kilda Saints v North Melbourne Kangaroos
Sat 4.30am TNT Sports 3 (bounce-up 4.40am) AFL match.

LIVE Geelong Cats v Port Adelaide Power
Sun 6am TNT Sports 1 (bounce-up 6.15am) AFL fixture.

LIVE Hawthorn Hawks v Collingwood Magpies
Thu 10.15am TNT Sports 2 (bounce-up 10.30am) AFL game.

LIVE Geelong Cats v Essendon Bombers
Fri 10.30am TNT Sports 2 (bounce-up 10.40am) AFL fixture.

LIVE Richmond Tigers v St Kilda Saints
Fri 4am TNT Sports 1 (bounce-up 4.20am) The AFL game at Melbourne Cricket Ground.

BASEBALL

LIVE Chicago Cubs v Baltimore Orioles
Sat 7pm TNT Sports 3 (first pitch 7.20pm) The MLB match staged at Wrigley Field.

LIVE New York Mets v San Francisco Giants
Sat 9pm TNT Sports 4 (first pitch 9.10pm) The MLB National League game at Citi Field.

LIVE Cincinnati Reds v Atlanta Braves
Sat 12m't TNT Sports 3 (first pitch 12.15am) The MLB game at Great American Ball Park.

LIVE Philadelphia Phillies v Detroit Tigers
Sun 6.30pm TNT Sports 2
The MLB inter-league match.

Rugby league
Wigan Warriors' Junior Nsemba and his teammates take on Warrington Wolves on Friday

LIVE San Diego Padres v St. Louis Cardinals
Sun 9pm TNT Sports 1 (first pitch 9.10pm) The MLB match staged at Petco Park.

LIVE Major League Baseball
Sun 12m't TNT Sports 2

LIVE New York Mets v Cleveland Guardians
Mon 12m't TNT Sports 1 (first pitch 12.10am)
The MLB match at Citi Field.

LIVE Chicago Cubs v Cincinnati Reds
Tue 1am TNT Sports 1 (first pitch 1.05am) The MLB National League Central match staged at Wrigley Field.

LIVE Philadelphia Phillies v Baltimore Orioles
Wed 5.30pm TNT Sports 2 (first pitch 5.35pm) The MLB match from Citizens Bank Park.

LIVE Los Angeles Dodgers v St. Louis Cardinals
Wed 9pm TNT Sports 1 (first pitch 9.10pm) The MLB fixture staged at Dodger Stadium.

LIVE Washington Nationals v Athletics
Thu 5pm TNT Sports 2 (first pitch 5.05pm) MLB at Nationals Park.

LIVE Seattle Mariners v Chicago White Sox
Thu 9pm TNT Sports 1 (first pitch 9.10pm)
The MLB match staged at T-Mobile Park.

LIVE New York Yankees v Houston Astros
Fri 12m't TNT Sports 2 (first pitch 12.05am)
The MLB match at Yankee Stadium.

LIVE San Diego Padres v Boston Red Sox
Fri 2.30am TNT Sports 3
The MLB match.

BASKETBALL

LIVE Las Vegas Aces v Minnesota Lynx
Sat 8pm TNT Sports 2 (tip-off 8pm) The WNBA match at Michelob ULTRA Arena in Nevada.

LIVE Seattle Storm v Indiana Fever
Sun 8pm TNT Sports 3 (tip-off 8pm) The WNBA match at Climate Pledge Arena in Seattle.

COMBAT SPORTS

LIVE UFC Fight Night Prelims
Sat 9pm TNT Sports 1

LIVE Amir Albazi v Tatsuro Taira
Sat 11pm TNT Sports 1
The flyweight bout in Nevada.

CRICKET

LIVE Zimbabwe v New Zealand
Sat & Sun 8.30am TNT Sports 3
Days four and five of the first Test at Queens Sports Club in Bulawayo.

LIVE England v India
Sat 10.15am Sky Sports Cricket & 4pm Sky Sports Main Event
Day three of the fifth and final Test in the series at The Oval in London.

LIVE West Indies v Pakistan
Sat & Sun 12.45am TNT Sports 2
The second T20 in the three-match series from Lauderhill in Florida.

LIVE England v India
Sun 10.15am Sky Sports Main Event & Sky Sports Cricket
Day four of the fifth and final Test.

LIVE West Indies v Pakistan
Sun 12.45am TNT Sports 1
The third and final T20 in Florida.

LIVE England v India
Mon 10.15am Sky Sports Main Event & Sky Sports Cricket
Day five of the fifth and final Test.

LIVE London Spirit Women v Oval Invincibles Women
Tue 2.30pm BBC2, Sky Sports Main Event, Sky Sports Cricket & Sky Showcase
The Hundred game staged at Lord's in London. See p28.

LIVE London Spirit Men v Oval Invincibles Men
Tue 6pm BBC2, Sky Sports Main Event, Sky Sports Cricket & Sky Showcase
The Hundred game staged at Lord's in London. See p28.

LIVE Manchester Originals Women v Southern Brave Women
Wed 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event
The Hundred match at Emirates Old Trafford, Manchester. See p28.

LIVE Manchester Originals Men v Southern Brave Men
Wed 6pm Sky Sports Main Event, Sky Sports Cricket & Sky Showcase
The Hundred fixture at Emirates Old Trafford, Manchester. See p28.

LIVE Zimbabwe v New Zealand
Thu & Fri 8.30am TNT Sports 4
Days one and two of the second Test at Queens Sports Club, Bulawayo.

LIVE Northern Superchargers Women v Welsh Fire Women
Thu 2.45pm Sky Sports Main Event & Sky Sports Cricket
The Hundred match staged at Headingley in Leeds. See p28.

LIVE Northern Superchargers Men v Welsh Fire Men
Thu 6pm Sky Sports Main Event &Sky Sports Cricket
The Hundred game staged at Headingley in Leeds. See p28.

LIVE Birmingham Phoenix Women v Trent Rockets Women
Fri 2.45pm Sky Sports Main Event & Sky Sports Cricket
The Hundred match staged at Edgbaston, Birmingham. See p28.

LIVE Birmingham Phoenix Men v Trent Rockets Men
Fri 6pm Sky Sports Cricket
The Hundred match staged at Edgbaston, Birmingham, See p28.

LIVE West Indies v Pakistan
Fri 6.45pm TNT Sports 1
The first ODI in the three-match series in Tarouba, Trinidad and Tobago.

CYCLING

LIVE Tour de France Femmes
Sat 12.30pm & Sun 2pm TNT Sports 1
Stages eight and nine of the race.

LIVE San Sebastian Classic
Sat 2pm TNT Sports 4
The one-day race in Spain.

LIVE Tour of Poland
Mon 10.45am, Tue 11.30am, Wed 11am, Thu & Fri 10.30am TNT Sports 1
Stages one to five of the race.

LIVE Tour of l'Ain
Wed & Thu 3.30pm TNT Sports 3; Wed-Fri 4.15pm TNT Sports 1 & Fri 3.30pm TNT Sports 2
Stages one to three of the race.

GENERAL SPORTS

LIVE Fort William v Kingussie
Sat 4pm BBC Alba
The Shinty Camanachd Cup semi-final from Bught Park, Inverness.

GOLF

LIVE Women's Open Championship
Sat & Sun 12noon Sky Sports Golf
Days three and four at Royal Porthcawl in Mid Glamorgan.

LIVE Wyndham Championship
Sat & Sun 7pm Sky Sports Golf; Sat 9.30pm Sky Sports Main Event
Days three and four of the event from Sedgefield Country Club in Greensboro, North Carolina.

LIVE Scottish Championship
Thu & Fri 12.30pm Sky Sports Main Event & Sky Sports Golf
Days one and two staged at Trump International Golf Links in Aberdeen.

LIVE St Jude Championship
Thu & Fri 1pm Sky Sports+; Thu & Fri 6pm Sky Sports Golf; Thu 10pm Sky Sports Main Event
Days one and two staged at TPC Southwind in Memphis, Tennessee.

LIVE PIF London Championship
Fri 2pm Sky Sports Mix
Day one of the tournament from The Centurion Club in St Albans.

HORSE RACING

LIVE Glorious Goodwood and Newmarket
Sat 1pm ITV1

LIVE Racing League
Thu 5.15pm ITV4
Round three at Chepstow.

MINORITY SPORTS

LIVE BMX Racing World Championship
Sat 4.30pm TNT Sports 4 & Sun 10.45am TNT Sports 1
Days one and two in Copenhagen.

MOTORCYCLING

LIVE FIM Speedway Grand Prix
Sat 4.30pm TNT Sports 2
The eighth round in Riga, Latvia.

LIVE Belle Vue Aces v Ipswich Witches
Mon 7.30pm TNT Sports 1
The Premiership meeting at National Speedway Stadium.

LIVE Swedish Speedway
Tue 5.55pm Premier Sports 2

MOTORSPORT

LIVE Formula 3
Sat 9am Sky Sports F1
Hungarian Grand Prix sprint race.

LIVE Formula 1
Sat 11.15am Sky Sports F1
Hungarian Grand Prix third practice.

LIVE Formula 2
Sat 1.10pm Sky Sports F1 & 2pm Sky Sports Main Event
Hungarian Grand Prix sprint race.

LIVE Formula 1
Sat 2.15pm Sky Sports Main Event & Sky Sports F1
The Hungarian Grand Prix qualifying.

LIVE World Rally Championship
Sat 5.30pm TNT Sports 4 & Sun 9.15am TNT Sports 1
Stages 18 & 19 of the Rally Finland.

LIVE GT World Challenge Europe
Sat 8.45pm Sky Sports F1
Round seven in Magny-Cours.

LIVE FIM Endurance World Championship
Sat 2.30am TNT Sports 4
The Eight Hours of Suzuka in Japan.

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LIVE Formula 3
Sun 7.45am Sky Sports F1
Hungarian Grand Prix feature race.

LIVE Formula 2
Sun 9.15am Sky Sports F1
Hungarian Grand Prix feature race.

LIVE Porsche Supercup
Sun 10.45am TNT Sports 2 & 11am Sky Sports F1
The Hungarian Grand Prix.

LIVE British Touring Car Championship
Sun 11.30am ITV4
Races 16, 17 and 18 of the season, which come from Croft.

LIVE Motocross World Championship
Sun 12noon & 3pm TNT Sports 4
From Flanders, Belgium.

LIVE Formula 1
Sun 12.30pm Sky Sports F1 & 1pm Sky Sports Main Event
The Hungarian Grand Prix, the 14th round of the season staged at the Hungaroring. See p29.

LIVE NASCAR
Sun 8pm Premier Sports 1
The Iowa Corn 350 at Iowa Speedway in Newton, Iowa.

LIVE Indycar
Fri 10.30pm Sky Sports F1
Grand Prix of Portland practice.

LIVE V8 Supercars Championship
Fri 3.45am TNT Sports 2
The Ipswich Super 440.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 2
Group 10 of the Pairs Cup.

RUGBY LEAGUE

LIVE Brisbane Broncos v Cronulla-Sutherland Sharks
Sat 7.15am Sky Sports Mix (kick-off 7.15am) The NRLW fixture staged at Newcastle International Sports Centre.

LIVE St George-Illawarra Dragons v Canberra Raiders
Sat 8.30am Sky Sports+ (kick-off 8.30am) The NRL match staged at Wollongong Showground.

LIVE Manly-Warringah Sea Eagles v Sydney Roosters
Sat 10.30am Sky Sports+ (kick-off 10.35am) The NRL match at 4 Pines Park in Sydney.

LIVE Queensland Cowboys v New Zealand Warriors
Sat 2.50am Sky Sports Mix (kick-off 2.50am) The NRLW game staged at Newcastle International Sports Centre.

LIVE Newcastle Knights v Canberra Raiders
Sat 4.45am Sky Sports Mix (kick-off 4.45am) The NRLW match staged at Newcastle International Sports Centre.

LIVE Parramatta Eels v St George Illawarra Dragons
Sun 6.45am Sky Sports Mix (kick-off 6.45am) The NRLW fixture staged at Newcastle International Sports Centre.

LIVE Melbourne Storm v Brisbane Broncos
Thu 10.50am Sky Sports Action (kick-off 10.50am) The NRL match staged at The Melbourne Rectangular Stadium.

LIVE Leigh Leopards v Leeds Rhinos
Thu 7.30pm Sky Sports Action & Sky Sports+ (kick-off 8pm)
The Super League match from the 21st round of fixtures, staged at Leigh Sports Village.

LIVE Warrington Wolves v Wigan Warriors
Fri 7.30pm Sky Sports Action & Sky Sports+ (Kick-off 8pm)
The Super League match from the 21st round of fixtures staged at Halliwell Jones Stadium.

LIVE St George Illawarra Dragons v Cronulla-Sutherland Sharks
Fri 3.45am Sky Sports Mix (kick-off 3.45am) The NRLW match at Jubilee Stadium in Sydney.

RUGBY UNION

LIVE Australia v British & Irish Lions
Sat 9.30am Sky Sports Main Event & Sky Sports The Lions (kick-off 11am) The third and final Test in the series at Stadium Australia in Sydney. The Lions have only won one series since the turn of the century, that being the 2013 tour to Australia, and after winning the first Test in Brisbane they guaranteed they would come into this match with a chance of securing a second. See p29.

LIVE Blue Bulls v Natal Sharks
Sat 4.05pm Sky Sports Mix (kick-off 4.10pm) The Currie Cup match staged at Loftus Versfeld Stadium in Pretoria, South Africa.

SNOOKER

LIVE Shanghai Masters
Sat 7am & 12.30pm TNT Sports 2
The second semi-final at Luwan Gymnasium, Shanghai, China.

LIVE Shanghai Masters
Sun 7am & 12.30pm TNT Sports 2
The final at Luwan Gymnasium.

LIVE Saudi Masters
Fri 12noon & 6pm TNT Sports 3
The first round of the tournament at Green Halls in Jeddah, Saudi Arabia.

TENNIS

LIVE Canadian Open
Sat & Sun 5.30pm & 12m't, Mon-Wed 11pm Sky Sports+; Sat & Sun 5.30pm & 11pm, Mon & Tue 9pm, Wed 9.30pm Sky Sports Tennis; Sat 8pm & 11pm, Sun 12m't, Mon 11pm, Tue & Wed 9.30pm Sky Sports Main Event
Days seven to 11 of the ATP 1000 event in Toronto and the WTA 1000 tournament staged in Montreal.

LIVE Cincinnati Open
Thu 4pm & 2.30am, Fri 4pm Sky Sports Tennis; Thu 10.15pm & 2.30am, 10.15pm Sky Sports+; Thu 2.30am & Fri 10.30pm Sky Sports Main Event
Days one and two at Lindner Family Tennis Center in Mason, Ohio.

LIVE WTA Canadian Open
Thu 11pm Sky Sports Main Event & Sky Sports Tennis
The final at IGA Stadium in Montreal.

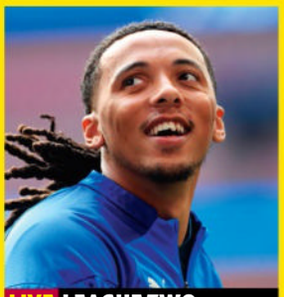
LIVE ATP Canadian Open
Thu 12.30am Sky Sports+, 1am Sky Sports Main Event & Sky Sports Tennis
The final at Sobeys Stadium, Toronto.

LIVE LEAGUE ONE

Cardiff City v Peterborough United

Saturday, kick-off 12.30pm, Sky Sports Football

As Wales legend Gareth Bale leads a consortium trying to buy the club, Cardiff City take on a Posh side that won 2025's EFL Trophy, with Harley Mills on the scoresheet. Saturday's other League One games are available via Sky Sports+.



LIVE LEAGUE TWO

Barnet v Fleetwood Town

Sat, k-o 3pm, Sky Sports Football

Having been promoted from the National League, Barnet – boosting a raft of new players including Romoney Crichlow – will be looking to get out of the blocks quickly at the Hive Stadium. All the opening day's other League Two fixtures are available on Sky Sports+.

LIVE CHAMPIONSHIP

Birmingham City v Ipswich Town

Fri, k-o 8pm, Sky Sports Main Event & Sky Sports Football

The new Championship season kicks off at St Andrew's where the newly promoted Blues host Kieran McKenna's Ipswich side. The Tractor Boys have signed Dutch midfielder Azor Matusiwa and Reims defender Cédric Kipré on a season-long loan.

Saturday 2

LIVE Cardiff City v Peterborough United
12noon Sky Sports Football (kick-off 12.30pm)
The League One match staged at Cardiff City Stadium.

LIVE Barnet v Fleetwood Town
2.45pm Sky Sports Football (kick-off 3pm)
The League Two match staged at The Hive Stadium.

LIVE Bradford City v Wycombe Wanderers
2.50pm Sky Sports+ (kick-off 3pm)
The League One fixture staged at University of Bradford Stadium.

LIVE Borussia Dortmund v Lille
3.55pm Premier Sports 1 (kick-off 4pm)
The friendly fixture staged at Hemberg Stadium in Iserlohn.

LIVE Motherwell v Rangers
5pm Sky Sports Football & 6.30pm Sky Sports Main Event (kick-off 5.30pm)
The Scottish Premiership match at Fir Park. Motherwell will be looking to improve on last term's eighth-place finish, while the Gers will hope to at least close the gap on their Old Firm rivals Celtic after finishing 17 points behind them in second place last season. See p29.

LIVE Marseille v Sevilla
6.55pm Premier Sports 1 (kick-off 7pm)
The friendly at Stade Vélodrome.

LIVE Borussia Mönchengladbach v Valencia
7.25pm Premier Sports 2 (kick-off 7.30pm)
The friendly at Borussia-Park.

Sunday 3

LIVE Stockport County v Bolton Wanderers
11.30am Sky Sports Football & Sky Sports+ (kick-off 12noon)
Both teams' opening match of the League One campaign staged at Edgeley Park.

LIVE Falkirk v Dundee United
1pm Sky Sports Football (kick-off 2pm)
The Scottish Premiership fixture staged at Falkirk Stadium. Falkirk return to the top flight after 15 years following back-to-back promotions, but they face a tough test against The Terrors, who were fourth in the league last season. See p29.

LIVE Celtic v St Mirren
4pm Sky Sports Main Event & Sky Sports Football (kick-off 4.30pm)
The Scottish Premiership match at Celtic Park. Brendan Rodgers' men finished 17 points clear of rivals Rangers at the top of the table, while St Mirren also enjoyed an encouraging campaign, finishing sixth in the league. The hosts won all three league meetings against their visitors last season. See p29.

LIVE Washington Spirit v Portland Thorns
5.30pm TNT Sports 3 (kick-off 5.30pm)
The NWSL fixture staged at Audi Field in Washington D.C.

LIVE Bournemouth v West Ham United
6pm Sky Sports Premier League & 7pm Sky Sports Main Event (kick-off 7pm)
The Premier League Summer Series game staged at Mercedes-Benz Stadium in Atlanta, as both sides play their final game of the pre-season tournament. The league games between the teams last season both ended in draws.

LIVE Girona v Wolverhampton Wanderers
6.55pm Premier Sports 2 (kick-off 7pm)
The pre-season friendly fixture staged at Estadi Montilivi.

LIVE Manchester United v Everton
9pm Sky Sports Main Event & Sky Sports Premier League (kick-off 10pm)
The Premier League Summer Series fixture staged at Mercedes-Benz Stadium in Atlanta, as both teams play the final game of the pre-season tournament.

Monday 4

LIVE Hearts v Aberdeen
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Scottish Premiership match staged at Tynecastle. The last time these two sides met was in April in the semi-finals of the Scottish Cup, a game which saw the visitors earn a 2-1 victory. See p29.

Tuesday 5

LIVE Bayer Leverkusen v Pisa
4.55pm Premier Sports 1 (kick-off 5pm)
The friendly match at BayArena.

LIVE Real Betis v FC Como
6.55pm Premier Sports 1 (kick-off 7.30pm)
The friendly match staged at Estadio Benito Villamarin.

LIVE Accrington Stanley v Oldham Athletic
7.40pm Sky Sports+ (kick-off 7.45pm)
The EFL Cup Northern section preliminary round match staged at Wham Stadium.

Thursday 7

LIVE Port Vale v Cardiff City
7.30pm Sky Sports Football & 7.45pm Sky Sports Main Event (kick-off 8pm)
The League One game at Vale Park.

Friday 8

LIVE Chelsea v Bayer Leverkusen
6.30pm 5 (kick-off 7pm)
The friendly at Stamford Bridge.

LIVE Birmingham City v Ipswich Town
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship fixture staged at St Andrew's, as the 2025/26 season gets underway.

LIVE Ross County v St Johnstone
7.30pm BBC Scotland & BBC iPlayer (kick-off 7.45pm)
The Scottish Championship match staged at Victoria Park.

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Saturday

2 August

Evening Planner

Rugby Union

Australia v British &Irish Lions

Sky Sports Main Event/ Lions, k-o 11am

The third and final Test of a gruelling Lions tour at Stadium Australia in Sydney.

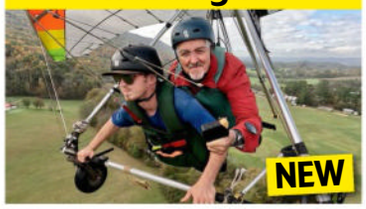
Documentary

7 Wonders of the Ancient World

5, 6.30pm

Historian Bettany Hughes is in Greece, Egypt and Turkey to discuss the wonders.

Travelogue



Griff's Great American South

C4, 9.10pm

Comedian Griff Rhys Jones begins a tour of the US's southern states in Tennessee.

Drama

The Count of Monte Cristo

U&Drama, 9pm

Sam Claflin stars as a young sailor out for revenge after being wrongly imprisoned – in this Alexandre Dumas' adaptation.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.30 Michael...	7.30 Pointless Celebrities	8.20 Casualty		9.10 Annika		10.00 News	10.20 Film: Gladiator
	102 BBC2	‹ 6.50 Beethoven's Fifth at the Proms		8.10 Today at the Test		9.10 Dexys at the BBC			10.25 TOTP 1982: Big Hits
	103 ITV1	‹ 6.30 The Chase...	7.30 The 1% Club		8.30 Film: Spectre				
	104 CHANNEL 4		7.10 News	7.40 F1: Hungarian Grand Prix Qualifying Highlights		9.10 Griff's Great American South		10.10 Film: Ambulance	
	105 5	‹ 6.30 7 Wonders...	7.30 Secrets of the Royal Palaces		8.30 Prince William: A Life in Pictures			10.05 When Classic TV Goes Horribly...	
	106 SKY SHOWCASE	‹ 5.30 F1...	7.30 The Simpsons	8.00 An Idiot Abroad		9.00 Film: Ocean's Thirteen			
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Gavin & Stacey		10.00 Two Pints of Lager and a Packet of...	
	116 BBC4	7.00 Agatha Christie: Lucy Worsley on the...		8.00 Miss Marple: The Murder at the Vicarage			9.30 Film: Cairo Conspiracy		
	118 ITV2	‹ 6.45 Film: Godzilla vs Kong				9.00 Love Island: Unseen Bits		10.05 Family Guy	
	136 MORE4	‹ 6.50 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	‹ 6.40 Film: Jumanji: The Next Level				9.00 Celebrity Gogglebox		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Blue Bloods		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.25 House of the Dragon				9.00 The White Lotus		10.10 The Gilded Age	
	110 U&GOLD	‹ 6.50 Only Fools and Horses		8.00 Red Dwarf			9.20 Mrs Brown's Boys	10.00 Neil & Martin's Bon Voyage	
	111 U&DAVE	7.00 This Time with Alan Partridge				9.00 Extras 2007 Xmas Special			
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	‹ 6.25 Film: The Horse Soldiers				9.00 English Football League Highlights		10.00 Film: Rocky IV	
	112 COMEDY CENTRAL		7.20 Film: Mr Bean's Holiday			9.00 Film: Bring It On			
	139 SKY SCI-FI	7.00 Star Trek: Voyager							
	113 SKY MAX	‹ 6.00 Film: Don't Tell Mom the Babysitter's...		8.00 An Idiot Abroad		9.00 A League of Their Own: The Rally		10.00 Strike Back: Vendetta	
	109 U&ALIBI	7.00 Maisie Raine		8.00 Father Brown		9.00 Death in Paradise		10.00 My Life Is Murder	
	130 SKY ARTS	7.00 Down the Tracks: The Music That Influenced Led Zeppelin				9.00 Mr Jimmy			
	132 U&W	7.00 Ambulance Australia		8.00 Inside the Ambulance at Christmas		9.00 Ghosts			
DOCUMENTARY	125 DISCOVERY	‹ 6.00 Gold Rush		8.00 Sharks Among Us		9.00 Florida's Death Beach		10.00 Alien Sharks: Death Down Under	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Construction Fails		8.00 Car S.O.S.					
	123 SKY HISTORY	7.00 Cursed Treasures				9.00 Airport Security: USA			
	155 U&YESTERDAY	7.00 Bangers & Cash						10.00 Classic Car Kings	
	121 SKY DOCS	7.00 Film: The Beatles: Eight Days a Week – The Touring Years				9.00 Billy Joel: And So It Goes			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.05 The Thicket		8.00 Long Gone Heroes				10.00 Kraven the Hunter	
	302 FAVOURITES	‹ 6.05 Twister		8.00 Twisters				10.05 Trap	
	303 ANTI HEROES	‹ 5.30 Inception		8.00 Kraven the Hunter				10.10 True Romance	
	304 GREATS	‹ 5.50 Jaws		8.00 Jaws 2				10.00 Jaws 3	
	305 ANIMATION		7.10 Trolls Band Together		8.45 Migration			10.15 Teen Titans Go! & DC...	
	306 SCHOOL'S OUT		7.20 The Polar Express			9.05 Monster House			
	307 ACTION	‹ 6.15 Long Gone Heroes		8.00 Charlie's Angels			9.45 Charlie's Angels: Full Throttle		
	308 COMEDY	‹ 6.00 Mamma Mia!		8.00 Mamma Mia! Here We Go Again				9.55 The First Wives Club	
	309 THRILLER	‹ 6.05 Force of Nature: The Dry 2		8.00 Split				10.05 The Equalizer 2	
	310 DRAMA	‹ 5.55 The Three Musketeers: Milady		8.00 One Life				9.55 The Great Gatsby	
	311 SCI-FI	‹ 6.00 Passengers		8.00 Ready Player One					10.20 Star Trek Into Darkness
	313 FILM4	‹ 6.15 Battleship				9.00 Men in Black			
SPORT	401 MAIN EVENT	‹ 6.30 SPFL – Live: Motherwell v Rangers		8.00 Tennis – Live: The Canadian Open			9.30 PGA Tour Golf – Live: The Wyndham Championship		
	402 PREMIER LEAGUE	7.00 Transfer 360	7.30 Gary Neville's Soccerbox		8.30 Champions Show: Liverpool		9.30 Transfer 360	10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 5.00 SPFL – Live: Motherwell v Rangers		8.00 EFL				10.00 EFL Highlights	
	404 CRICKET	7.00 Ashes Greats	7.30 Best of...	8.00 Test Cricket		9.00 Best of England v India			10.30 Test Cricket...
	410 TNT SPORTS 1	‹ 6.30 AFL		8.00 Tour de France Women		9.00 UFC – Live: Coverage of the preliminary bouts from UFC Fight Night			
	411 TNT SPORTS 2	‹ 4.30 FIM Speedway Grand Prix – Live		8.00 WNBA – Live: Las Vegas Aces v Minnesota Lynx (Tip-off 8.00)				10.00 Shanghai Masters Snooker	

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition Featuring guest Bill Bailey. (S)
11.30 **Nadiya's Everyday Baking** (S)(R)
● **Red Button/iPlayer: 11.20am** UK Athletics Championships.
12.00 NOON **Homes Under the Hammer** From Swansea. (S)(R)
1.00 PM **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)(AD)
2.00 **Money for Nothing** (S)(R)
2.30 **Escape to the Country** (S)(R)
3.15 **Deadly 60** (S)(R)
3.45 FILM **Back to the Future Part II** Time-travel sequel starring Michael J Fox and Christopher Lloyd. (S) (1989, PG, 100min) ★★★
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **The Hit List** New edition 3/9. Pop music quiz. (S)

9.10 Annika

6 PM

6.30 **Michael McIntyre's The Wheel** Katherine Ryan, Harry Pinero, Rev Richard Coles, Scott Mills, Mark Wright, Judi Love and Philippa Perry help contestants answer their way to a fortune. (S)(R)

7 PM

7.30 **Pointless Celebrities** New edition Suzie Lee, Shaun Williamson, Phil Tufnell, Steve Pemberton, Kelli Young, Helen Lederer, Charlie Higson and Cariad Lloyd compete in the 2000th edition of the celebrity quiz. (S)

8 PM

8.20 **Casualty** The ED is swamped by an influx of teenage patients, Slobhan realises they have taken tainted drugs, and fears one of her nurses may have stolen some from the hospital. (S)(AD)

9 PM

9.10 NEW SERIES **Annika** 1/6. Return of the crime drama. A phone with a brutal drowning recorded on it is handed in to MHU headquarters. (S2) (S)
■ Previously shown on U&Alibi.

10 PM

10.00 **BBC News** (S)
10.20 FILM **Gladiator** Director Ridley Scott's ancient Roman epic starring Russell Crowe, Joaquin Phoenix, Connie Nielsen and Oliver Reed. Wronged Roman general Maximus enters the coliseum to fight his way out of slavery and avenge the murder of his wife and son by emperor Commodus. With Richard Harris and Derek Jacobi. (S)(AD) (2000, 15, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.50 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.45 AM **Children's Programmes**
9.15 **Gardeners' World** (S)(R)
10.15 FILM **The Great Caruso** Musical biopic starring Mario Lanza. (S) (1950, U, 105min) ★★★
12.00 NOON **Mary Berry's Simple Comforts** Mary makes a series of recipes inspired by Ireland. (S)(R)
12.30 PM FILM **Now, Voyager** Romantic drama starring Bette Davis. (S) (1942, b/w, PG, 115min) ★★★★
2.25 FILM **An Ideal Husband** Comedy starring Jeremy Northam, Cate Blanchett and Rupert Everett. (S) (AD) (1999, PG, 95min) ★★★★
4.00 **Fake or Fortune?** (S)(R)(AD)
5.00 **Flog It!** At Althorp House. (S)(R)
5.50 **Celebrity Antiques Road Trip** Actresses Julie Graham and Tamzin Outhwaite search for antiques in Sussex. (S)(R)

9.10 Dexys at the BBC

6.50 NEW **Beethoven's Fifth at the Proms** Georgia Mann presents a concert from the Royal Albert Hall as Maxim Emelyanychev conducts the Scottish Chamber Orchestra in a performance of Beethoven's *Symphony No 5* in C minor. Saint-Saëns' much-loved *Piano Concerto No 5*, known as the Egyptian, follows, with French pianist and star of the Paris 2024 Olympics opening ceremony Alexandre Kantorow as the soloist. (S)
8.10 **Today at the Test** England v India: Action from the third day of the fifth and final Test in the series staged at The Oval in south London. The hosts chased down a target of 377 in the final Test of the last series in England between these two sides. (S)
9.10 NEW **Dexys at the BBC** Kevin Rowland introduces BBC archive performances by his band Dexys, known as Dexys Midnight Runners until 2011, from their early days to 2024's appearance at Glastonbury. (S)
10.25 **TOTP 1982: Big Hits** Featuring Adam Ant, Yazoo, Wham!, ABC and the Associates, who were all breakthrough acts in a golden year for British pop. (S)(R)
11.25 **TOTP: The Story of 1982** Featuring Wham! and ABC. (S)(R)
12.25 AM **Golf: Women's Open Highlights** The third round. (S)
1.25 FILM **Here We Are** Israeli drama with Shai Avivi. When his autistic son is due to move into a home, a devoted father decides to hit the road and run away with him to delay their separation. Subtitled. (2020, 12, 90min) ★★★
2.55 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Ainsley's Good Mood Food** Using nuts and seeds. (S)(R)(AD)
6.30 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** With Noel Fitzpatrick. (S)(R)
11.40 **John and Lisa's Weekend Kitchen** New edition (S)
12.45 PM **ITV News** (S)
1.00 LIVE **Racing: Glorious Goodwood** Coverage of the fifth and final day of the festival. (S)
4.00 **Tipping Point: Lucky Stars** With Bonnie Langford, Matt Dawson and Geoff Norcott. (S)(R)
5.00 **Shark! Celebrity Infested Waters** The famous faces are cut adrift on a raft. (S)(R)(AD)

8.30 Spectre

6.00 **ITV News** (S)
6.15 **Local News** (S)
6.30 **The Chase Celebrity Special** Catherine Tyldesley, Levi Roots, Chris McCausland and Rick Wakeman work as a team to take on one of the Chasers and secure a charity prize. Bradley Walsh hosts. (S)(R)(AD)
7.30 **The 1% Club** Quiz game show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(R)(AD)
8.30 FILM **Spectre** Espionage thriller starring Daniel Craig, Christoph Waltz, Lea Seydoux, Ben Whishaw and Ralph Fiennes. James Bond goes rogue after receiving a cryptic message that sets him on the trail of a secretive criminal network. While his colleagues face a new threat closer to home, agent 007 embarks on a globetrotting journey in search of the elusive mastermind behind the syndicate. (S)(AD) (2015, 12, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 **ITV News** (S)
11.35 **Suspicion** New episode 7/8. Vanessa and Scott investigate Martin Copeland. (S1) (S)(AD)
12.35 AM **English Football League Highlights** Recent action. (S)
1.30 **Teleshopping**
3.00 **The Twelve** (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Shark! Celebrity Infested Waters** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.15 AM **Cheers** 5-8/26. (S5) (S)(R)
8.00 **Everybody Loves Raymond** (S)(R)
9.30 **Frasier** 5-7/24. (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)(AD)
1.00 PM **Come Dine with Me: The Professionals** Chefs from Island Lounge, Jungle Street Kitchen and The Loft compete. (S)(R)
2.00 **A Place in the Sun** Craig Rowe helps a couple buy a holiday home in southern Tenerife. (S)(R)
3.00 **Location, Location, Location** Kirstie Allsopp helps a single mum purchase a home in Devon. (S)(R)
4.05 **Kirstie and Phil's Love It or List It** Steven and Adeola in Stevenage need help deciding whether to sell or renovate their home. (S)(R)(AD)
5.05 **George Clarke's Remarkable Renovations** Converting a derelict bakery into a home. (S)(R)(AD)

10.10 Ambulance

6.10 **Our Farm Next Door: Amanda, Clive and Kids** 2/5. Builder Richard grapples with the challenge of moving oak ceiling beams into position, and Clive picks up the tweezers to get his sheep looking their best for the sales. (S)(R)(AD)
7.10 **News** (S)
7.40 **F1: Hungarian Grand Prix Qualifying Highlights** Steve Jones presents action from today's battle for grid positions for the 14th round of the season at the Hungaroring. Lando Norris of McLaren qualified fastest here last year, with his team-mate Oscar Piastri joining him at the front of the grid, before the positions were reversed in the race. (S)
9.10 NEW SERIES **Griff's Great American South** 1/6. Griff Rhys Jones explores the southern states of the USA. In this opening episode, the traveller heads to Tennessee. *See feature, page 20.* (S)(AD)
10.10 FILM **Ambulance** Drama starring Jake Gyllenhaal. A man desperate for money asks for help from his adoptive brother, a criminal who instead offers him a score – but their getaway goes wrong. (S)(AD) (2022, 15, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM FILM **xXx** Espionage action thriller starring Vin Diesel, Asia Argento and Samuel L Jackson. (S) (2002, 12, 125min) ★★
2.55 **Ramsay's Kitchen Nightmares USA** The Hamptons. (S)(SL)(R)
3.45 **Kirstie's Fill Your House for Free** Kirstie Allsopp and the team help two first-time buyers. (S)(R)
4.05 **to 6.10** AM **The Simpsons** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.20 **Bargain-Loving Brits in the Sun** Five editions. (S)(R)(AD)
2.05 PM **Yorkshire Great and Small with Dan and Helen** Exploring the hidden delights of Swaledale and Wensleydale along the Herriot Way. (S)(R)
3.05 Dan Walker and Helen Skelton take a trip around the Yorkshire Wolds. (S)(R)
4.05 **Reuben Owen: Life in the Dales** Reuben prepares land around a stone barn in Cumbria so homeowner John can start major renovation works. (S)(R)
5.05 **Open All Hours: 50 Years of Laughter** A celebration of the sitcom and its sequel. (S)(R)

8.30 Prince William

6.30 NEW SERIES **7 Wonders of the Ancient World with Bettany Hughes** 1/3. The historian visits the sites of the most notable structures of antiquity, beginning in Egypt at the Great Pyramid of Giza, before heading to Alexandria. *See feature, page 8.* (S)
7.25 **News** (S)
7.30 **Secrets of the Royal Palaces** 4/4. A look at tales of palace duty, going behind the scenes of Elizabeth II's final appearance on Buckingham Palace's balcony. (S)(R)
8.30 NEW **Prince William: A Life in Pictures** The prince's extraordinary life captured in breathtaking images, featuring a closer look at the key images that chart a life from innocent newborn to stalwart of the royal family. (S)
10.05 **When Classic TV Goes Horribly Wrong** Less-than-perfect moments from some of the nation's favourite shows, including *Dixon of Dock Green*. (S)(R)
11.55 **Million Pound Motorhomes** Two sisters who have started their own business. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Agatha Christie: 100 Years of Poirot & Miss Marple** (S)(R)
4.15 **Friends** 9/24. (S9) (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **The Pingu Show** (S)(R)
6.30 **Funny Talking Animals** (S)(R)
6.50 **The Brilliant World of Tom Gates** (S)(R)(AD)
7.05 **Monkey Life** (S)(R)
8.00 **The F1 Show** (R)
9.00 **The Simpsons** (S)(R)
10.00 **Super Shark Highway** (S)(R)
12.00 NOON **Discovered by Disaster** Unexpected things revealed by catastrophic disasters. (S)(R)
1.00 PM **Pharaohs at War** Exploring the Battle of Megiddo fought in 1457 BC. (S)(R)
2.00 **Gillette Labs Soccer Saturday** Up-to-the-minute scores.
5.30 **F1: Hungarian Grand Prix Qualifying Highlights** Action from the battle for grid positions for the 14th round of the season at the Hungaroring. (R)

9.00 Ocean's Thirteen

F1: Hungarian Grand Prix Qualifying Highlights (started at 5.30pm)
7.30 **The Simpsons** *Blood Feud:* Mr Burns receives a vital blood transfusion from Bart and responds with only a brief thank-you note. (S)(R)
8.00 **An Idiot Abroad** Karl Pilkington's journey continues in Egypt, where he tastes local delicacies and takes a boat ride down the Nile, before visiting the pyramids. (S)(R)(AD)
9.00 FILM **Ocean's Thirteen** Crime caper sequel starring George Clooney, Brad Pitt, Matt Damon, Al Pacino and Ellen Barkin. A charismatic thief and his hand-picked gang of crooks plot an elaborate revenge against a megalomaniac casino owner. (S) (2007, PG, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 **Mr Bigstuff** 3/6. Kirsty brings her new bedroom persona to work. (S)(R)(AD)
11.45 4/6. Lee and Glen head to a reunion. (S2) (S)(R)(AD)
12.15 AM **F1: Hungarian Grand Prix Qualifying Highlights** (R)
2.15 **The Office (US)** (S8) (S)(R)
3.30 **Road Wars** Double bill. (S)(R)
5.00 **Nothing to Declare** (S)(R)(AD)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.00pm Escape to the Country (S)(R) **2.45** FILM Back to the Future Part II (S) (1989, PG, 100min) ★★★ **4.25-5.25** Sportscene: Open All Mics **12.45am** Sportscene: Premiership Highlights (S)(R) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.20pm NEW Bikes! Armoy Road Races (S) **11.00** FILM Gladiator (S)(AD) (2000, 15, 145min) ★★★★ **1.25-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
3.15pm FILM Back to the Future Part II: As Scotland. **4.55-5.25pm** Our Lives: Downhill Highs New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **9.30** Eisteddfod Genedlaethol New edition **12.00noon** Eisteddfod Genedlaethol New edition **3.00pm** Eisteddfod Genedlaethol New edition **6.15** Newyddion a Chwaraeon **6.30** Sgwrs Dan y Lloer **7.00** Am Dro! – Am Dro Steddfod! **8.00** Taith y Llewod New edition **9.00** Eisteddfod Genedlaethol New edition **10.30** Hen Dy Newydd (AD) **11.30pm-12.05am** Richard Holt: Yr Academi Felys (AD)

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Alfie arrives home to a big surprise. **7.30** Lauren and Peter clash over family matters. **8.00** Stacey faces an emotional milestone. **8.30** Patrick plays with fire, and Eve demands answers.
9.00 **Gavin & Stacey** 1/6. First episode starring Mathew Horne and Joanna Page. **9.30** 2/6. The couple have their first lovers' tiff. (S1)
10.00 **Two Pints of Lager and a Packet of Crisps** 6/8. Gaz decides to propose to Janet. **10.30** 7/8. Gaz makes a shocking confession to Janet, and Louise is desperate for a boyfriend. **11.00** 8/8. Donna and Janet give Gaz an ultimatum. (S8) **11.30** 1/6. Tim's life is thrown into turmoil by the arrival of his sister. (S9)
12.00 M'T **Dinosaur** 3&4/6. (S1)
12.55 AM **Paddy & Molly: Show No Mersey** Double bill.
1.55 **to 3.55** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Agatha Christie: Lucy Worsley on the Mystery Queen** Lucy Worsley examines the author's life and discovers how personal happiness ushered in a golden age for her writing.
8.00 **Miss Marple: The Murder at the Vicarage** 1/4. An unpopular colonel is found dead in the vicarage of St Mary Mead, and investigations reveal no shortage of suspects.
9.30 FILM PREMIERE **Cairo Conspiracy** Arabic thriller starring Tawfeek Barhom. A student becomes a pawn in the conflict between Egypt's religious and political elites. Subtitled. (2022, 12, 126min) ★★
11.25 **Parkinson** With Frederick Forsyth and Pete Murray.
12.25 AM **The Good Life**
12.55 **Yes, Minister**
1.25 **Miss Marple: The Murder at the Vicarage** As 8pm.
2.55 **to 3.55** AM **Agatha Christie: Lucy Worsley on the Mystery Queen**

MORE4

136/137 127 147 18 124 15

8.55 AM **Ugly House to Lovely House with George Clarke** In Gloucestershire.
9.55 **George Clarke's Amazing Spaces** A glamping pod.
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Location, Location, Location**
1.00 PM **Four in a Bed**
3.40 **Come Dine with Me**
6.20 **Four in a Bed** The first visit is to Derwent House Apartments in Scarborough, North Yorkshire.
6.50 **Four in a Bed** The B&Bers visit Burton Constable Holiday Park in Sproatley. **7.25** The B&B owners visit The Crossings Inn near Carlisle, Cumbria. **7.55** The B&Bers head to Wales' Conwy Valley to stay at Plas Maenan Country House. **8.25** The B&B owners meet for the last time.
9.00 **24 Hours in A&E** A 71-year-old is rushed in after being knocked over by her husband's car, and a four-year-old is brought in with an injured neck.
10.00 **24 Hours in A&E** St George's medics help a man who suffered cardiac arrest following an accident.
11.05 **999: On the Front Line**
12.10 AM **Emergency Helicopter Medics**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Rude(ish) Tube Shorts**
6.10 **The Goldbergs**
8.40 **Lego Masters Australia**
10.00 **Ramsay's Kitchen Nightmares USA**
12.00 NOON FILM **Hotel Transylvania: Transformania** Animation. (2022, PG, 87min) ★★
1.40 PM **The Big Bang Theory**
3.10 **The Simpsons** Back-to-back episodes.
6.10 **The Simpsons** *Haw-Haw Land:* Lisa is smitten with a musician named Brendan.
6.40 FILM **Jumanji: The Next Level** Adventure sequel starring Dwayne Johnson, Karen Gillan and Kevin Hart. Players of Jumanji return but as they attempt to rescue one of their own, they will have to brave parts unknown from arid deserts to snowy mountains, to escape the world's most dangerous game. (2019, 12, 123min) ★★★★
9.00 **Celebrity Gogglebox** *Sexy Beasts, Who Wants to Be a Millionaire?* and *Naked and Afraid* are appraised.
10.05 **Gogglebox** *In with a Shout, Gordon Ramsay's Future Food Stars* and *Saving Our Wild Isles* are appraised.
11.05 **Gogglebox**
12.05 AM **First Dates** Double bill.
2.15 **Below Deck Down Under**
3.55 **Modern Family**
4.20 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Brit Cops: Law & Disorder** Documentary.
7.00 **Sun, Sea and A&E**
8.00 **Motorway Patrol**
9.00 **Caught Red Handed** Four editions, including at: **10.30** Using mobile phone records and surveillance to catch a large drug gang. **11.15** A sharp-eyed salesman rounds up some sofa rustlers.
12.00 NOON **Stop, Search, Seize**
1.00 PM **Border Security USA**
2.00 **Nothing to Declare** Ten editions of the documentary.

9.00 Blue Bloods

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM
9.00 **Blue Bloods** *Nothing Sacred:* 9/21. Frank and Joe contend with an insult to the memory of Joe's father. (S13)

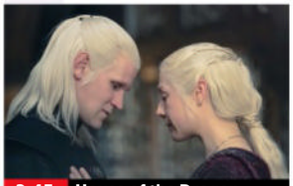
10 PM
10.00 **Elsbeth** *Foiled Again:* 12/20. The lawyer investigates the mysterious death of a college admissions officer. (S2)
11.00 **FBI: Most Wanted** (S4)
1.00 AM **FBI: International** (S3)
2.00 **FBI** 7/13. The team try to find out if there are more bombs dotted around the city. (S6)
3.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Triple bill.
9.00 **Six Feet Under** 2–6/13. (S2)
2.45 PM **House of the Dragon** 9/10. Alicent enlists help to track down Aegon. **3.55** 10/10. Rhaenyra tries to hold the realm together and Daemon prepares for war. (S1) **5.10** 1/8. Rhaenyra struggles to come to terms with her son's murder. **6.25** 2/8. Ser Criston Cole concocts a misguided plan for revenge. (S2)


2.45 House of the Dragon

7.45 **House of the Dragon** *The Burning Mill:* 3/8. Ser Criston proposes a bold scheme, while Daemon arrives at Harrenhal to raise an army for the Blacks. (S2)

10.10 **The Gilded Age** *If You Want to Cook an Omelette:* 6/8. Bertha encourages Gladys to stand up for herself. (S3)
11.20 **Homicide: Life on the Street** 17/22. The team investigates the death of a Buddhist monk. **12.20** AM 18/22. An assistant US attorney confesses to killing her ex-husband. **1.20** 19–21/22. (S7)
4.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **SEAL Team** 1–4/22. (S2)
10.00 **Grimm** (S5&6)
2.00 PM **The Walking Dead** 3/16. Questions of morality muddy the waters in the coalition's battle against the Saviours. **3.00** 4/16. Negan's latest weapon causes problems for Rick and his allies. **4.00** 5/16. A familiar face offers an insight into life behind enemy lines. **5.00** 6/16. An argument at Hilltop shatters the accord between the survivors. (S8)

9.00 A League of Their Own...

6.00 **FILM Don't Tell Mom the Babysitter's Dead** Teen comedy. (1991, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **An Idiot Abroad** Karl's journey continues in Egypt, where he takes a trip down the Nile, before visiting the pyramids.

9.00 **A League of Their Own: The Rally** Jamie Redknapp, Jill Scott, Tom Davis and Micah Richards continue their race.

10.00 **Strike Back: Vendetta** 6/10. Mac attends therapy after leaving the army, but the emotional strain takes its toll. (S8)
11.00 **Creature Commandos** (S1)
11.30 **Mr Bigstuff** 3&4/6. (S2)
12.30 AM **Warrior** 8/10. (S1)
1.30 **Road Wars** Officers stop a fraudulent operation.
2.00 **S.W.A.T.** New episode 3/22. The squad face a prison hostage situation. (S8)
3.00 **The Force: Manchester**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dress to Impress**
8.45 **Next Level Chef USA**
9.45 **Dinner Date**
10.45 **Deal or No Deal**
1.45 PM **Celebrity Catchphrase**
2.45 **FILM Rio** Animated comedy with the voices of Jesse Eisenberg and Anne Hathaway. (2011, U, 96min) ★★★★
4.40 **FILM The Bad Guys** Animated adventure featuring the voices of Sam Rockwell, Marc Maron and Awkwafina. (2022, PG, 100min) ★★★

6.45 Godzilla vs Kong

6.45 **FILM Godzilla vs Kong** Sci-fi adventure starring Alexander Skarsgård. King Kong and his protectors undertake a journey to locate his true home, but find themselves in the path of Godzilla. (2021, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: Unseen Bits** New edition Featuring exclusive action from the villa alongside the fun, flirting and fallouts.

10.05 **Family Guy** 16/18. Peter's friends make fun of him. **10.35** 17/18. Peter prepares for a fight with Liam Neeson. (S13)
11.05 **Family Guy** 13/18. Cleveland becomes a therapist and Meg gets a job at the airport. (S13)
11.30 **American Dad!** (S12)
12.30 AM **Extraordinary** 8/8. (S2)
1.10 **Iain Stirling's CelebAbility**
1.50 **Buffering** 3/6. (S1)
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
6.35 **Lewis** *Fearful Symmetry.*
8.40 **FILM Carry On Girls** Comedy with Sidney James and Joan Sims. (1973, PG, 88min) ★★
10.40 **Doc Martin** 5&6/8. (S7)
12.40 PM **The Darling Buds of May**
3.00 **Agatha Christie's Marple** *A Pocket Full of Rye:* A nursery rhyme is connected to a series of murders.
5.00 **Midsomer Murders** *The Great and the Good:* Barnaby investigates the murder of a local councillor.

11.00 Shetland

7.00 **Midsomer Murders** *Death in a Chocolate Box:* A sex scandal resurfaces following the murder of a former detective, and Barnaby assesses the involvement of staff at a centre for reformed criminals.

9.00 **Vera** *Poster Child:* Joined by a new addition to the ranks, Vera and the team investigate the murder of a respected surgeon and the abduction of his two teenage daughters. Guest stars Saskia Reeves and Dean Andrews.

11.00 **Shetland** 3/6. Perez and Tosh go to Glasgow. **12.00** M'T 4/6. Perez remains convinced Arthur McCall lies at the heart of the case. (S3)
1.10 AM **Judi Dench's Wild Borneo Adventure**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** Steve Fletcher works on Manchester Town Hall's giant clock.
8.00 **Sportscene: Premiership Highlights** Action from the opening matches of the season.
8.45 **Inside Central Station** The team start work on cleaning up the disused Victorian platform.
9.45 **Two Doors Down** 6/6. Cathy and Colin return from their Italian holiday and host a soiree. (S5)
10.15 **Gary: Tank Commander** 5/6. Gary agrees to pick up a cooker for his father. (S1)
10.45 **Short Stuff** Compilation of comedy sketches.
11.00 PM **to 12.00** M'T **Mayflies** 1/2. Drama starring Martin Compston and Tony Curran. (S1)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S5)
10.15 **Silicon Valley** (S5&6)
1.10 PM **Girls** (S2)
3.30 **Curb Your Enthusiasm**
6.30 **The Office (US)** 14/24. Dwight leads a team on a mission in Florida. **7.00** 15/24. Dwight takes his team to Tallahassee. **7.30** 16/24. Jim fends off an amorous intruder. **8.00** 17/24. Andy suffers an embarrassing injury. **8.30** 18/24. Toby and Darryl compete to sell cookies to Kevin. (S8)
9.00 **Divorce** 3/10. Revelations during a session overwhelm Robert. **9.35** 4/10. Frances and Robert try to keep their divorce amicable. (S1)
10.15 **Kevin Hart: Reality Check** Stand-up show.
11.25 **Girls** 1&2/10. (S5)
12.35 AM **Hung** 5&6/10. (S1)
1.45 **Veep** 7&8/10. (S2)
2.50 **Run** 6&7/7. (S1)
3.55 **to 5.00** AM **2 Dope Queens**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Punchdrunk: Behind the Mask**
7.00 **Cirque du Soleil: Nouvelle Experience**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Discovering Romance on Film**
2.30 **John Lee Hooker: That's My Story**
4.30 **Cream Reunion Concert**
7.00 **Down the Tracks: The Music That Influenced Led Zeppelin**
9.00 **NEW Mr Jimmy** A guitarist who has dedicated his life to honouring Jimmy Page.
11.20 **Classic Albums**
12.20 AM **The Doors Live at the Hollywood Bowl '68** From July 4, 1968.
1.50 **Johnson & Knopfler's Music Legends**
2.50 **Live from the Artists Den** With James Bay.
4.00 **The Great Songwriters**
5.00 **to 6.00** AM **Discovering**

Sky Mix

151 158 135 11 141 23

6.00 AM **Nothing to Declare**
8.00 **Let's Game**
8.25 **MC Grammar: It's a Summer Holiday!**
8.30 **Play Your Pets Right**
8.45 **Isadora Moon**
9.00 **Nothing to Declare**
1.00 PM **Gangs of Baboon Falls** Documentary.
2.00 **Monkey Life**
3.45 **David Attenborough's First Life** Documentary.
5.00 **Patrick Aryee's Wild World** Investigating the world's largest animals.
6.00 **Big Beasts: Last of the Giants** Documentary.
7.00 **Shark with Steve Backshall** The naturalist learns about the sharks of the Indian Ocean.
8.00 **Caught on Dashcam** Double bill of editions.
10.00 **The Force: Manchester**
12.00 M'T **World's Most Evil Killers** Double bill.
2.00 AM **Nothing to Declare**
5.00 **to 6.00** AM **The Force: Manchester**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
3.00 **Tenable** Double bill of the game show hosted by Warwick Davis.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the word game hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern as another contestant takes on the Banker for the chance to win a big cash prize.
9.00 **Tipping Point** Triple bill of the arcade-themed quiz show, in which contestants drop tokens down a choice of four chutes in the hope of winning £10,000.
12.00 M'T **Pictionary**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Highway to Heaven**
11.00 **Little House on the Prairie** Ten episodes of the series, including at: **5.00** PM *The Richest Man in Walnut Grove:* 1/22. Charles loses his job. **6.00** *Four Eyes:* 2/22. Mary needs glasses. **7.00** *Ebenezer Sprague:* 3/22. Laura unwittingly befriends Walnut Grove's new banker. **8.00** *In the Big Inning:* 4/22. A talented player leaves the townsfolk convinced they will win a baseball game. (S2)
9.00 **FILM Star Trek VI: The Undiscovered Country** Adventure sequel. (1991, PG, 109min) ★★★★
11.20 **The Avengers** (S6)
2.25 AM **Airline USA**
3.00 **Hart to Hart** 4/22. (S4)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.10 **Minder**
7.10 **The Return of Sherlock Holmes** Jeremy Brett stars.
8.20 **Magnum, PI**
9.30 **Racing: The Opening Show** A preview of the fifth and final day of Glorious Goodwood.
10.30 **The Big Match Revisited**
11.30 **The Return of Sherlock Holmes** Jeremy Brett stars.
1.40 PM **Cadfael**
4.55 **Magnum, PI**
6.00 **Made in Britain**

10.00 Rocky IV

6.25 **FILM The Horse Soldiers** John Ford Western starring John Wayne. During the American Civil War, a Union colonel leads a sabotage party behind enemy lines to cut off the Confederate army's supply lines. (1959, U, 115min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **English Football League Highlights** Action from the opening round of fixtures in League One and League Two.

10.00 **FILM Rocky IV** Drama sequel with Sylvester Stallone. Rocky returns to the ring to avenge the death of a friend at the hands of a Russian champ. (1985, PG, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.55 **FILM Airplane!** Comedy starring Robert Hays. (1980, 12, 86min) ★★★★★
1.35 AM **BattleBots**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Dark Storm** Sci-fi thriller starring Stephen Baldwin. (2006, 15, 89min) ★★
1.00 PM **Star Trek: Enterprise** Five episodes, including at: **4.00** 8/22. Archer and T'Pol encounter a radical group. **5.00** 9/22. Archer attempts to take the Kir'Shara to the Vulcan capital. (S4)
6.00 **Star Trek: Voyager** 1/26. Part two of two. Janeway tries to free the Borg drones. (S7)

11.00 Dark Storm

7.00 **Star Trek: Voyager** *Imperfection:* 2/26. The crew battle to find a key Borg component to save Seven of Nine's life.

8.00 **Star Trek: Voyager** *Drive:* 3/26. Paris and Kim enter the Delta Flyer in a spaceship race – unaware of the dangers involved.

9.00 **Star Trek: Voyager** *Repression:* 4/26. An assailant uses subliminal mind-control to turn the crew against each other.

10.00 **Star Trek: Voyager** *Critical Care:* 5/26. The Doctor is forced to prioritise patients according to their value to society. (S7)
11.00 **The Walking Dead** 12/22. Negan helps the Whisperers and Alpha launch an attack against the Hilltop. **12.00** M'T 13/22. Michonne takes Virgil back to his mysterious island to reunite with his family. **1.00** AM 14-16/22. (S10)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries**
10.00 **Elementary** 7-9/24. (S5)
12.50 PM **Inspector Alleyn Mysteries** 2/6. (S1)
3.00 **Father Brown** *The Dance of Death:* A contestant is killed at a ballroom dancing contest. **4.00** *The Cat of Mastigatus:* A girl dies at a school fete. **5.00** *The Flower and the Fairway:* A body is found on a golf course near Kembleford.
6.00 **Maisie Raine** 1/6. First episode of the police drama starring Pauline Quirke. (S1)

8.00 Father Brown

7.00 **Maisie Raine** *Food of Love:* 2/6. The team come up against a wall of silence during an investigation. (S1)

8.00 **Father Brown** *The Battle of Kembleford:* The sleuth investigates when a murder is committed at a battle re-enactment.

9.00 **Death in Paradise** *Murder Most Animal:* 2/8. Jack investigates when a zoo owner is killed by a tranquilliser dart. (S8)

10.00 **My Life Is Murder** *The Widow's Club – Part One:* 7/8. Alexa and Will investigate a man's incineration. (S4)
11.00 **The Company You Keep** 4/10. Charlie takes extreme measures at a poker game. (S1)
12.00 M'T **Father Brown** *The Dance of Death:* A contestant is killed at a dancing competition.
1.00 AM **Father Brown**
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **Still Open All Hours**
8.10 **Only Fools and Horses**
12.45 PM **Only Fools and Horses** Five episodes, including at: **3.10** The council rejects Del's application for a home improvement grant, but his spirits are raised by news of a fancy-dress party. **4.35** Rodney begins attending a course at night school. **5.40** Del gets his hands on a consignment of self-inflating rubber dolls, which turn out to be filled with explosive gas.

8.00 Red Dwarf

6.50 **Only Fools and Horses** A retired jeweller offers Del Boy the deal of a lifetime – then suddenly has a heart attack.

8.00 **Red Dwarf** Lister sits the chef's exam. **8.40** Holly recovers an unidentified pod floating in space and Lister discovers he is a god to Cat's people.
9.20 **Mrs Brown's Boys** Agnes needs someone to look after Grandad.

10.00 **Neil & Martin's Bon Voyage** On the final leg of their journey, the boys ride the famous white horses of the Camargue.
11.00 **Only Fools and Horses** Rodney wins a holiday but cannot understand why the trip is for three people. **12.10** AM Del's mum makes contact during a seance.
1.30 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.30 AM **Top Gear**
9.00 **Cape Carnage: Killer Catch**
11.00 **Top Gear** With Rick Parfitt.
12.00 NOON **World's Most Dangerous Roads**
2.00 PM **The Boat That Guy Built**
3.00 **Extreme Fishing with Robson Green** Double bill.
5.00 **Would I Lie to You?** With Bruno Tonioli, Adam Buxton, Kirsty Wark and Rob Beckett. **5.40** Featuring Mel Giedroyc, Bob Mortimer and Kian Egan. **6.20** With Miles Jupp, Heston Blumenthal and Ed Byrne.

7.00 This Time with Alan...

7.00 **This Time with Alan Partridge** Alan makes a return to prime-time TV. **7.35** The team host a show dedicated to the memory of a much-cherished broadcaster. **8.15** Jennie and Alan look at Scottishness and corporal punishment.

9.00 **Extras 2007 Xmas Special** Andy Millman is a big star with a hit show, while Maggie now lives in an even smaller flat and works as a cleaner.
10.50 **Not Going Out** Lee and Lucy's New Year's Eve celebrations do not go according to plan.
11.50 **Not Going Out**
12.25 AM **Have I Got a Bit More News for You**
1.30 **Would I Lie to You?**
2.10 **Travel Man: 48 Hours in Florence** With Rebel Wilson.
3.10 **to 4.00** AM **David Mitchell's Outsiders**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Chateau DIY**
2.00 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
3.00 **A Place in the Sun** Five editions, including at: **6.00** Jasmine Harman searches for a holiday home in Torremolinos, southern Spain. **7.00** Ben Hillman helps Deb and Steve find a home in Almeria, Spain.
8.00 **Location, Location, Location** Kirstie Allsopp helps a single mother find a home in Devon.
9.00 **8 Out of 10 Cats Does Countdown** With Joe Wilkinson, Rhod Gilbert and Thaniya Moore.
10.00 **First Dates**
11.05 **1,000 Men and Me: The Bonnie Blue Story**
12.20 AM **Gogglebox**
2.25 **999: On the Front Line**
3.25 **One Day In Southport**
4.25 **to 4.50** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **Blue Bloods** (S6)
1.00 PM **NCIS** Eight episodes of the drama, including at: **7.00** *A Thousand Words:* 7/24. The team probe a conspiracy jeopardising the safety of ocean mammals. **8.00** *Friendly Fire:* 8/24. A murder case at home is linked to a string of soldiers killed by friendly fire overseas. (S16)
9.00 **Criminal Minds** *Wheels Up:* 1/22. Agent Matt Simmons joins the team in a race to take down Mr Scratch. **10.00** *To a Better Place:* 2/22. The team's new case involves three old cases. (S13)
11.00 **Law & Order: Special Victims Unit** (S16)
12.55 AM **The Resident**
2.50 **Criminal Minds** (S10)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Entertainment News**
8.10 **Friends** 1-4/24. (S1)
10.05 **Dirty Home Rescue**
12.05 PM **Nightmare Tenants, Slum Landlords**
2.05 **Call the Bailiffs: Time to Pay Up** Five editions of the documentary following the work of High Court enforcement agents.
7.05 **FILM Happy Gilmore** Comedy starring Adam Sandler. (1996, 12, 92min) ★★★
9.00 **FILM The Bourne Identity** Spy thriller with Matt Damon and Franka Potente. (2002, 12, 119min) ★★★★★
11.40 **Criminals: Caught on Camera** Documentary.
12.40 AM **Lawless Britain: Caught on Camera**
1.35 **Police Interceptors**
3.25 **Highway Patrol**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Police Interceptors**
10.00 **Motorway Cops: Catching Britain's Speeders** Double bill.
12.05 PM **FILM Kansas Raiders** Western. (1950, PG, 80min) ★★
1.50 **FILM Drums Across the River** Western. (1954, PG, 75min) ★★
3.30 **FILM My Name is Nobody** Comic Western. (1973, 15, 115min) ★★★
6.00 **Motorway Cops: Catching Britain's Speeders** Triple bill.
9.00 **Police: Suspect No 1** An innocent bystander is critically injured during a street brawl in Grimsby. **10.00** A restaurant worker is stabbed in the neck in broad daylight. **11.00** A gang of men suspected of attacking a man on his doorstep.
12.00 M'T **Police Interceptors**
1.00 **to 4.00** AM **World's Deadliest Weather: Caught on Camera**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **Ambulance Australia** A double stabbing pushes the ambulance services to their limits. **4.00** Paramedics search for a participant during Sydney's City2Surf. **5.00** The ambulance helicopter crew rush to save a cyclist. **6.00** Crews are called to a motorcycle accident. **7.00** Paramedic Laura is on her very first shift on the road.
8.00 **Inside the Ambulance at Christmas** Dan and Becky are called out to a baby with a worryingly high temperature.
9.00 **Ghosts** Triple bill.
11.00 **Deadly Waters with Captain Lee** Double bill.
12.55 AM **Changing Rooms Australia**
2.20 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Birds of a Feather**
8.00 **Bergerac**
11.25 **Lovejoy**
1.45 PM **Call the Midwife**
3.05 **Father Brown**
4.05 **Whitstable Pearl**
5.15 **The Upper Hand**
7.00 **The Brokenwood Mysteries** *Black Widower:* 1/4. A woman is found dead in a *Lord of the Rings* themed tourist attraction. (S3)
9.00 **NEW SERIES The Count of Monte Cristo** 1/8. Drama series. *See feature, page 6.* (S1)
■ Entire series on U
10.10 **Judge John Deed** *Separation of Powers:* 5/6. The home secretary calls for Deed's impeachment. (S4)
12.10 AM **Call the Midwife**
1.30 **The Heart Guy**
2.35 **Birds of a Feather**
3.05 **to 4.00** AM **Darby and Joan**

+1 hr 243 316 60 260

SATURDAY Entertainment

Really

142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** David Gest.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **The Hotel Inspector** Alex Polizzi heads to the Dukes in the village of Heath and Reach. **7.00** Alex helps the owner of the Grenfell Arms in Maidenhead.
8.00 **Saving Lives at Sea** The Swanage lifeboat crew rescue an injured climber.
9.00 **The Repair Shop** A grandfather clock and a Turkish coffee grinder. **10.00** An antique plate camera is restored. **11.00** A wooden trunk and a memorial trophy.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
8.00 **Pointless Celebrities**
9.00 **Bruce's Price Is Right**
10.00 **Bruce Forsyth's Generation Game**
11.20 **All Star Family Fortunes** Edwina Currie takes on Mark Durden-Smith.
12.00 NOON **Dickinson's Real Deal** An oil painting is valued in London.
1.00 PM **Strike It Lucky**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** Featuring Leslie Ash and Ian Lavender. **5.00** With Keith Allen and Stacey Solomon.
6.00 **The Chase** Triple bill.
9.00 **The Chase Celebrity Special** With guests Mike Bushell, Annabel Croft, Rhea Bailey and Rylan Clark-Neal.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.10 AM **FILM McLintock!** Comedy Western. (1963, U, 127min) ★★★
10.50 **Wanted: Dead or Alive**
11.50 **FILM The Big Lift** Drama. (1950, b/w, PG, 119min) ★★★
2.30 PM **FILM The Wonderful Country** Western. (1959, U, 98min) ★★
4.45 **FILM The Man with the Gun** Western. (1955, b/w, PG, 88min) ★★★
6.45 **FILM Lawman** Western starring Burt Lancaster. (1970, 15, 99min) ★
9.00 **FILM Missing in Action** Action adventure starring Chuck Norris. (1984, 15, 101min) ★★
11.10 **FILM Escape Plan 2: Hades** Thriller sequel. (2018, 15, 96min) ★★
1.15 AM **FILM Ape vs Monster** Adventure. (2021, 12, 88min) ★★
3.00 **Cops Uncut** Triple bill.
4.30 **to 5.00** AM **Air Rescue**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station: Big Weekend Getaway**
9.00 **FILM The Daughter Stalker** (2020, PG) ★★
11.00 **FILM Deadly Encounters**
1.00 PM **FILM An Aurora Teagarden Mystery: An Inheritance to Die For**
2.55 **FILM An Aurora Teagarden Mystery: A Very Foul Play** (2019)
4.50 **FILM Mary Higgins Clark: Loves Music, Loves to Dance** (2001)
7.05 **FILM White Hot: A Sandra Brown Mystery** Drama. (2016, PG) ★★
9.00 **FILM Garage Sale Mysteries: The Mask Murders** (2018, PG) ★★
10.55 **FILM Presumed Guilty**
1.00 AM **FILM The Black Widow Killer** (2018) ★
2.50 **Coast Guard Alaska**
4.00 **to 6.00** AM **FILM House of Deadly Secrets** (2018)

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM True Love Blooms** (2019, PG) ★★
10.05 **FILM Hello, It's Me** Drama. (2015, PG) ★★
12.00 NOON **FILM Mid-Love Crisis** Romantic drama. (2022, PG, 85min) ★★
2.00 PM **FILM Love at Sunset Terrace** Drama. (2020, PG, 85min) ★★
3.55 **FILM All Yours** Romantic comedy. (2016, PG, 84min) ★★
6.00 **FILM Love, Again** Drama. (2015, PG, 84min) ★★★
8.00 **FILM Love, of Course** Romantic comedy. (2018, PG, 84min) ★★
10.05 **FILM Key to Love** Romantic drama. (2023, U, 90min) ★★
12.00 M'T **FILM Law of Attraction** Comedy. (2020, PG, 84min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love at Sunset Terrace** Drama. (2020, PG) ★★

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **I Dream of Jeannie**
7.00 **The Monkees** (S1)
8.00 **Fantasy Island** (S1)
9.00 **Lucky Feller** Triple bill.
10.30 **Carry On Laughing**
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S1)
12.50 PM **Rewind &...**
1.00 **FILM The Bulldog Breed**
3.00 **In Loving Memory** (S2)
4.00 **Bubblegum & Cheese**
5.00 **Fantasy Island** (S1)
6.00 **Mapp and Lucia** (S2)
8.00 **Please Sir!** 1/7. (S1)
8.50 **Rewind & Remember**
9.00 **The Strange World of Gurney Slade**
9.35 **Jokers Wild** Double bill.
10.35 **Police Woman** (S1)
11.35 **FILM Mesmerised** Drama. (1986, 15) ★★
1.20 AM **FILM The Bulldog Breed** (1960, PG) ★★
3.20 **That's My Dog**
3.50 **Rewind & Remember**
4.00 **Stereo Underground**
5.00 **to 6.00** AM **Bubblegum & Cheese**

DMAX

159 152 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters**
2.00 PM **Outback Opal Hunters** Five editions.
7.00 **Hoarding: Buried Alive** A woman with cancer attempts to improve her living conditions. **8.00** A couple with an overflowing septic tank.
9.00 **The Bad Skin Clinic** Lucy seeks treatment for severe psoriasis. **10.00** Ali's huge lipoma keeps him awake.
11.00 **Body Bizarre** The story of a development in the womb which left a boy with no eyes. **12.00** M'T Tony became a hermit when lumps grew around his face. **1.00** AM Marc has to drink 20 litres of water every day or risks death.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa – Back to Basics**
12.00 NOON **Mary Berry – Cook & Share**
1.00 PM **James Martin: Delicious** Double bill.
2.00 **James Martin's Christmas Feasts**
2.30 **James Martin's Favourite Feasts**
3.00 **Nigel Slater's Dish of the Day** Eight editions.
7.00 **Jamie's Easy Meals for Every Day** Double bill.
8.00 **Maneet's Eats**
8.30 **Nadiya's Fast Flavours**
9.00 **Diners, Drive-Ins and Dives** Guy Fieri is digging into dishes that start with great dough. **9.30** Guy enjoys a unique dessert speciality. **10.00** Guy tries a scone sandwich.
10.30 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Code Red** Sci-fi action thriller. (2001, 15, 89min) ★★
9.00 **Knight Rider** (S4)
2.00 PM **FILM Slipstream** Sci-fi action adventure. (1989, PG, 101min) ★
4.00 **FILM Memoirs of an Invisible Man** Comedy thriller starring Chevy Chase and Daryl Hannah. (1992, PG, 99min) ★★
6.00 **FILM Lost City Raiders** Sci-fi action adventure. (2008, 12, 90min) ★★
8.00 **The Twilight Zone** (S1)
9.00 **FILM L.A. Confidential** Period crime thriller with Russell Crowe. (1997, 18, 138min) ★★★★★
11.40 **FILM Armored** Thriller starring Columbus Short. (2009, 12, 88min) ★★★
1.25 AM **FILM Anti-Life** Sci-fi thriller with Bruce Willis. (2020, 15, 93min) ★★
3.15 **to 5.00** AM **FILM Hannie Caulder** Western. (1971, 15, 85min) ★

Legend Xtra

317 316 171 69 138 51

6.00 AM **The Gambler III: The Legend Continues**
10.00 **FILM George and the Dragon** Fantasy starring James Purefoy. (2004, PG, 93min) ★★★
12.00 NOON **FILM Doomwatch** Chiller starring Ian Bannen. (1972, 12, 92min) ★★★
2.00 PM **FILM Night of the Big Heat** Sci-fi chiller starring Christopher Lee. (1967, 18, 94min) ★
4.00 **The Lost World** (S3)
9.00 **FILM Momentum** Action thriller starring Olga Kurylenko. A thief is persuaded to carry out one last heist, only to get mixed up in murder and hunted by an assassin. (2015, 15, 96min) ★★★
10.55 **FILM Unchained** Thriller starring Adrien Brody. (2017, 15, 125min) ★★
1.00 **to 3.00** AM **FILM Momentum** As 9.00pm.

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Storage Hunters**
8.00 **Pawn Stars** Double bill.
10.00 **Swamp People: Serpent Invasion**
11.00 **Storm Stories**
12.00 NOON **World's Most Unexplained...**
2.00 PM **Ghost Ships**
4.00 **Ancient Aliens**
8.00 **Close Encounters Down Under** Exploring UFO activity amid Queensland's farming country.
9.00 **Pompeii: The Last Mysteries Revealed** 1/2. The lifestyle of Pompeii's wealthiest citizens. **10.00** 2/2. The Pompeii Archaeological Park teams continue their research.
11.00 **Weird or What? with William Shatner**
1.00 AM **Conspiracy Files: Unsealed** Double bill.
2.00 **Claw Hunters**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT

153 166 138 46 133 30

9.00 AM **Inside the Hilton: Park Lane** Documentary.
10.00 **All Creatures Great and Small** Double bill.
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **Alcatraz: What Lies Beneath?**
6.00 **Drain the Oceans**
7.00 **World War II: Secrets from Above** In 1940, 400,000 Allied troops find themselves surrounded by Hitler's army at Dunkirk.
8.00 **The Colosseum: Blood & Sand with Dan Snow** A look into what it was like to experience a show at the Colosseum.
9.00 **Death Storm: The Fastnet Disaster**
10.30 **Britain's Killer Hurricane of 1990**
12.00 M'T **Terror at 30,000 Feet** Documentary.
2.00 AM **Concorde**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **A Place in the Sun**
10.00 **Mini Reni** Double bill.
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Four editions.
7.00 **Escape to the Country** A couple search for an idyllic rural home in Cambridgeshire on a budget of £625,000.
8.00 **Love Your Garden** Alan Titchmarsh and the team head to Chandlers Ford in Hampshire to help the Richardson family, who are facing a very difficult future. **9.00** Alan and his team transform a garden in Shrewsbury, Shropshire into a breathtaking Japanese-inspired outdoor space.
10.00 **Escape to the Country** People search for their ideal rural retreats.
1.00 **to 4.00** AM **Home Town**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Too Large** Corey tries to stay focused on his diet.
8.00 **Dr Pimple Popper** David is back to see Dr Lee after she spotted a growth under his eye. **9.00** A mother and daughter have bonded over their bodies.
10.00 **Dr Pimple Popper**
12.00 M'T **My Extreme Excess Skin** Medical series.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Friends** (S3&4)
2.00 PM **Michael McIntyre's Big Show** Variety show.
3.00 **Friends** 2-10/24. (S4)
7.20 **FILM Mr Bean's Holiday** Slapstick comedy with Rowan Atkinson. (2007, PG, 89min) ★★★
9.00 **FILM Bring It On** Teen comedy starring Kirsten Dunst, Eliza Dushku and Jesse Bradford. (2000, 12, 99min) ★★★★
11.00 **South Park** (S27)
11.30 **Police Squad!** (S1)
12.30 AM **FILM About Last Night** Romantic comedy. (2014, 15, 98min) ★★
2.30 **Whose Line Is It Anyway? USA**
3.25 **MTV Cribs: Comedians Specials** With Tom Allen.
3.50 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S3)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S3&4)
6.00 PM **Everybody Loves Raymond** 16/26. Frank is named Man of the Year at his lodge. **6.30** 17/26. Ray is mistaken for his mother's toyboy. (S3)
7.00 **Friends** 6/24. Ross's love life improves. **7.30** 7/24. Chandler tries to prevent Joey from discovering the truth. **8.00** 8/24. Monica visits Richard's son. **8.30** 9/24. Rachel is offered a promotion. **9.00** 10/24. Ross starts a long-distance relationship. (S4)
9.30 **Friends** 11-19/24. (S4)
2.00 AM **Broad City** (S1&2)
5.00 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Border Patrol**
10.00 **Nothing to Declare**
1.00 PM **Bull** 1/22. The team try to locate Bull's kidnapped daughter. **2.00** 2/22. The team's defence strategy for a client is compromised. **3.00** 3/22. TAC represents a man charged with murder. **4.00** 4/22. The team handle a class action suit. **5.00** 5/22. Jason is asked to step aside. (S6)
6.00 **Highway Patrol** Four editions of the series.
8.00 **Border Security: America's Front Line**
10.00 **The Russell Howard Hour** Topical comedy.
11.00 **The Russell Howard Xmas Hour**
12.00 M'T **A League of Their Own: Best Of**
1.00 AM **A League of Their Own** Double bill.
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom OG**
11.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Catfish: Scammed**
4.00 **Catfish: The TV Show**
9.00 **Ink Master Redemption** Kito is faced with not one, but three unhappy Canvases. **9.30** Kyle Dunbar and Sebastian Murphy try to keep their cool with unhappy canvases. **10.00** James returns to one of the show's most infamous mistakes. **10.30** Two canvases bring back-up as they face their old tattooists. **11.00** Sarah Miller returns to the shop.
11.30 **Ink Master Redemption**
2.45 AM **Catfish: The TV Show** Reality series.
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Scrap Kings**
12.00 NOON **Naked and Afraid: Castaways** Nine veterans are marooned on an island with no tools or maps. **1.00** PM Candice's team re-purposes debris in order to trap a protein source. **2.00** Heather moves camp. **3.00** Heather, Andrew and Patrick scavenge debris. **4.00** A discussion about fire sparks into a raging fight. **5.00** High tides wipe out another team's water source.
6.00 **Gold Rush** Documentary.

10.00 Alien Sharks

Gold Rush (started at 6.00pm)

8.00 **Sharks Among Us** Dr Craig O'Connell investigates why more people are falling victim to shark attacks.

9.00 NEW **Florida's Death Beach** Forrest Galante investigates why Florida's New Smyrna Beach is so deadly.

10.00 NEW **Alien Sharks: Death Down Under** Forrest injects himself with shark venoms to test their potency.

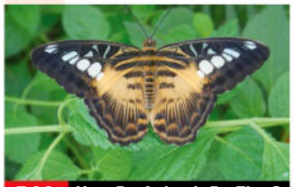
11.00 **Street Outlaws: Locals Only** Eight small-tyre racers local to Oklahoma race for $5,000.
12.00 M'T **Expedition Bigfoot** Russell follows warning signs south of a Bigfoot chokepoint.
1.00 AM **Deadliest Catch**
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Animal Cribs**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Animal Cribs** A couple need a designated area for their rescue rabbits. **4.00** Antonio designs the ultimate pig paradise. **5.00** The biggest and best builds from the series.
6.00 **Saved by the Barn** Dan goes to Chicago to give cockfighting roosters a second chance.



7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** How caterpillars turn into butterflies. **7.30** A look at why some cats are cross-eyed.

8.00 **Extinct or Alive** Forrest Galante scours Vietnam for one of the last living specimens of the giant softshell turtle.

9.00 **The Zoo** A new bison calf struggles, and keepers at the Central Park Zoo hope the female snow monkeys accept a new male.

10.00 **Tanked** A TV producer has trouble feeding the eels in his tank, and the team visit a winery with a damaged aquarium.

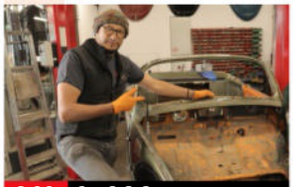
11.00 **Alaska: The Last Frontier** Otto, Eivin and August scramble to stake a claim on ten tons of steel on a distant beach.
12.00 M'T **The Aquarium** A box turtle goes for its daily walk.
2.00 AM **Alaskan Bush People**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
10.00 **Inside Airport Lost & Found**
11.00 **Air Crash Investigation: Surviving Disaster**
12.00 NOON **Air Crash Investigation** Documentary.
1.00 PM **World War II: Secrets from Above** Double bill.
3.00 **Lost Ships of WW2**
4.00 **Churchill's German Army**
5.00 **World War II: The Apocalypse** Footage of D-Day in Normandy. **6.00** Exploring footage of the end of World War Two.



8.00 Car S.O.S.

7.00 **Construction Fails** Investigating spectacular mishaps and how disaster could have been averted.

8.00 **Car S.O.S.** Fuzz and Tim face a race against time to restore a 1980s Porsche 911 suffering from almost terminal rust.

9.00 **Car S.O.S.** Fuzz and Tim travel to Oxfordshire to breathe new life into a 1973 Porsche 911 Targa.

10.00 **Car S.O.S.** Fuzz and Tim go to Hartlepool, where they hope to cheer up a car enthusiast by restoring his cherished campervan.

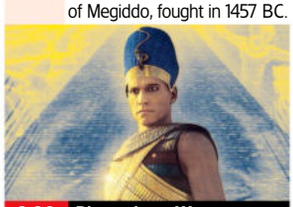
11.00 **Ice Road Rescue** Thord puts his life in danger to rescue one truck that skidded to a stop on the ice, while rookie Raido battles icy conditions.
12.00 M'T **Air Crash Investigation**
2.55 AM **Food Factory** Double bill.
3.45 **Made in a Day** Double bill.
4.35 **to 5.00** AM **Bid & Destroy**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
8.00 **Secrets Declassified with David Duchovny**
9.00 **Death Coast** Documentary.
10.00 **Adventure Gold Diggers**
2.00 PM **Pawn Stars** Six editions of the documentary, including at: **4.30** A rescue buoy from the set of *Baywatch* signed by David Hasselhoff is brought in.
5.00 **Discovered by Disaster** Unexpected things revealed by catastrophic disasters.
6.00 **Pharaohs at War** The Battle of Megiddo, fought in 1457 BC.



6.00 Pharaohs at War

7.00 **Cursed Treasures** The origins of curses, from an Anglo-Saxon burial ground to the caves of the Judean Desert.

8.00 **Cursed Treasures** Uncovering curses related to the Turin Shroud, the Cave of Altamira and other artifacts.

9.00 **Airport Security: USA** Officers restrain a woman who they suspect has arrived in the US to work as a sex worker.

10.00 **Airport Security: USA** Officers think they have found over a million dollars worth of crystal meth in Honolulu.

11.00 **History's Greatest Mysteries** The search for Atlantis.
12.00 M'T **Forged in Fire** A task to recreate the Karabela sabre. **1.00** AM Four bladesmiths are tasked to forge J Nielson's favourite blade, a Damascus European dagger, before moving on to the Zande spear.
2.00 AM **Pawn Stars** Six editions.
5.00 **to 6.00** AM **Cursed Treasures**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **American Pickers**
10.00 **Bangers & Cash**
11.00 **'Allo 'Allo!** Triple bill.
1.00 PM **Terry and June**
3.00 **Murder, They Hope** 1/3. Comedy caper starring Johnny Vegas and Sian Gibson. **4.00** 2/3. A turf war between bakers leads to food poisoning at an am-dram society. (S1)
5.00 **Bangers & Cash: Restoring Classics** The team smell profit with a bargain Porsche.
6.00 **Bangers & Cash** Derek picks up a 1970 Aston Martin DBS.

7.00 Bangers & Cash

7.00 **Bangers & Cash** Derek contains his surprise when *Call the Midwife* star Cliff Parisi drops off his Bedford CA campervan.

8.00 **Bangers & Cash** Derek goes to Colchester to pick up a 1960 Aston Martin DB4 that has been sitting in a garage for 40 years.

9.00 **Bangers & Cash** Derek picks up a five vehicle haul from a collector who can no longer look after his motors.

10.00 **Classic Car Kings** Irv imports an original-run short wheelbase Porsche 911 from the east coast of America.

11.00 **Bangers & Cash** Derek takes to the skies for his first ever helicopter flight in a 1967 Bell 47 chopper. **12.00** M'T Dave is drawn to a Fiat Uno 45 with 36,000 miles on the clock.
1.00 **to 3.00** AM **Canal Boat Diaries**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **HMS Ark Royal**
7.00 **BSB Highlights**
8.00 **Wheeler Dealers World Tour**
9.00 **Wheeler Dealers**
2.00 PM **Wheeler Dealers World Tour**
3.00 **Shed and Buried**
6.00 **Find It, Fix It, Flog It**
9.00 **Massive Engineering Mistakes** New edition In New Jersey, an inferno rages at the heart of a community. **10.00** In Sweden, tragedy strikes as a historic bridge is destroyed in seconds.
11.00 **Outback Truckers** Jim Foody transports critical supplies through flood-ravaged roads. **12.00** M'T Josh Carter hauls a monster oversized convoy.
1.00 AM **Cooper's Treasure**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes to the Vegas Dress** Reality series.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Curvy Brides Boutique**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **American Monster**
7.00 **American Monster**
9.00 **American Detective with Lt Joe Kenda** New edition A detective outsmarts a killer.
10.00 **Crime Scene Investigators** New edition A man is clubbed to death.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
12.00 NOON **Judge Judy**
6.05 PM **Storm of Suspicion**
7.00 **Bloodline Detectives** Detectives take on the unsolved murder of Sharon Hammack. **8.00** Police use new technology to find out who is responsible for a brutal rape.
9.00 **The Killer You Know** When Devon Guzman is found murdered, police think her girlfriend is to blame. **10.00** When a neighbourhood quarrel boils over, Billy Woodward decides to strike first.
11.00 **48 Hours** Bryan Kohberger was arrested and charged with the murder of four university students.
12.00 M'T **48 Hours**
2.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Five editions.
2.00 PM **Medical Detectives** A couple who were murdered during a suspected drug deal. **2.30** A man suspected of poisoning his girlfriend after she became pregnant with his child. **3.00** A Sunday school teacher who doubled as a serial killer. **3.30** A case involving an abandoned car. **4.00** The death of a US Presbyterian minister's wife. **4.30** The disappearance of a teenage girl.
5.00 **New Scotland Yard Files** The case of Laila Rezk.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Donal MacIntyre's Released to Kill**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Stop, Search, Seize**
8.00 **Highway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Law & Disorder** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **How I Caught the Killer** True-crime.
1.00 PM **The Real Manhunter**
2.00 **Catching the Killer**
3.00 **Killer in My Village**
4.00 **What the Killer Did...**
5.00 **Britain's Most Evil Killers**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Murder Uncut**
9.00 **Killer in My Village**
10.00 **Catching the Killer**
11.00 **World's Most Evil Killers**
12.00 M'T **What the Killer Did Next** Joy Morgan.
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **Love You to Death**
4.00 **Road Wars**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.15 AM **Mandate for Murder: Britain's Struggle in Palestine**
9.30 **Ancient Apocalypse**
1.00 PM **America the Bountiful** Documentary.
1.35 **The Ottoman Empire: Battle for the Mediterranean**
4.55 **Sicily: The Conquered Isle** Double bill.
7.40 **Witness to a Massacre: Nanjing 1937** 1/2. Recounting the story of the Nanjing massacre. **8.55** 2/2. Exploring the survivors' efforts to bring the massacre into the public eye.
10.10 **Mandate for Murder: Britain's Struggle in Palestine** How the kidnapping of a Jewish boy in 1947 accelerated the creation of Israel.
11.25 **America the Bountiful**
12.00 M'T **Hidden Letters**
1.20 **to 2.00** AM **America the Bountiful**

SATURDAY

Saturday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Sissy Spacek**
7.00 **Discovering: Alan Rickman**
8.00 **The Directors**
9.00 **The Man Who Stole the Scream** Documentary.
11.00 **Paul Simon: In Restless Dreams**
3.10 PM **FILM Apollo 11** Documentary made to mark the 50th anniversary of the moon landings, presenting the story of the iconic space mission through archival footage and still photographs. (2019, U, 93min) ★★★★★
5.00 **Spitfire** The story of the Supermarine Spitfire.
7.00 **FILM The Beatles: Eight Days a Week – The Touring Years** Director Ron Howard's documentary charting the band's time on the road. (2016, 12, 113min) ★★★★
9.00 **Billy Joel: And So It Goes**
12.00 M'T **Pete Doherty: Stranger in My Own Skin** Documentary.
2.00 AM **MoviePass, MovieCrash**
3.50 **My Icon: Leon Pryce**
4.00 **to 6.00** AM **Life According to Sam**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Macaque Island**
9.00 **Africa's Wild Roommates: How Animals Share Bed and Board**
10.00 **Super Shark Highway**
12.00 NOON **Big Cats: An Amazing Animal Family** Double bill.
2.00 PM **City Wildlife Rescue**
5.00 **Secret World of Sound with David Attenborough**
7.00 **Secret World of Sound with David Attenborough** A look at how baby animals communicate in their quest for survival, using sound to beg and call for help in the early days of life.
8.00 **Nature's Fast Attacks** A look at nature's fastest predators.
9.00 **World's Most Toxic Animals** A look at some of the most deadly animals on the planet.
10.00 **Whale with Steve Backshall** Steve freedives with whales.
11.00 Steve reveals the ingenious hunting strategies of whales and dolphins.
12.00 M'T **Nature's Fast Attacks**
1.00 AM **World's Most Toxic Animals**
2.00 **Patrick Aryee's Wild World**
4.00 **to 6.00** AM **Vet Adventures**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Ancient Skies**
10.00 **Secrets in the Sand**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Alien Files: Unsealed**
2.00 **Cursed Histories**
3.00 **Alien Files Reopened**
4.00 **Secrets in the Ice**
5.00 **Mysteries of the Ancient Dead**
6.00 **Viking Dead**
7.00 **Secret Wars Uncovered** Cuba's influence in Venezuela's future.
8.00 **Strangest Things** An intriguing artefact in a museum in Southwark, south London.
9.00 **Deep Water Salvage** Crews work around the clock to salvage the *Costa Concordia*.
10.00 **Shipwrecks: When History Resurfaces** Exploring the bay of Saint-Pierre in Martinique, which suffered a volcanic eruption in 1902.
11.00 **Greatest Prison Escapes with Billy Hayes** The Texas Seven.
12.00 M'T **Ancient Aliens**
3.00 AM **Hitler's Handmaidens**
4.00 **Cursed Histories**
5.00 **to 6.00** AM **Strangest Things**

Crime+Investigation

156 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam** Four editions.
10.45 **Fugitives Caught on Tape**
11.45 **Hometown Tragedy**
1.05 PM **A Perfect Scam**
3.00 **#Textmewhenyougethome**
4.00 **Murder Masterminds**
5.00 **Accident, Suicide or Murder?**
7.00 **Accident, Suicide or Murder?** A musician's ex-wife drowns in her new boyfriend's pool.
8.00 **Accused: Did I Do It?**
9.00 **Murder in the Goldfields** Three murders committed in the desert of Western Australia.
10.00 **I Am a Stalker** Stories of love that turned into a obsession.
11.00 **The Killer Interview with Piers Morgan** Karl Karlsen.
12.00 M'T **Britain's Darkest Taboos**
2.00 AM **NEW Bodies in the Barrels** How Australia's worst ever serial killers were finally put behind bars.
3.00 **#Textmewhenyougethome**
4.00 **to 6.00** AM **A Perfect Scam**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo: North Carolina** Zoo keepers prepare for a chimp birth.
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Africa's Big Five**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Critter Fixers: Country Vets** Dr. Hodges attempts to remove a massive tumour on a goldfish.
8.00 **Secrets of the Zoo** An onager and a bonobo are given a new lease of life by the zoo vets.
9.00 A cheetah fights for its life against a mysterious illness.
10.00 **The Lakeshore Killers** Documentary following three male lions as they grow to maturity, navigating the perils of the wilderness to become pride leaders and rulers of the Zambezi valley.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill of editions.
6.00 **How the Universe Works** Explaining the science behind the rules of the universe.
7.00 Experts investigate the last stars of the cosmos and what a stellar apocalypse means for Earth.
8.00 Scientists examine a huge black hole that lies at the heart of the galaxy.
9.00 **Tony Robinson's VE Day: Minute by Minute** The key events that made VE Day such a momentous 24 hours.
10.00 **Day After D-Day** Men who survived the Normandy invasion as young soldiers in June 1944 recall their experiences of the conflict.
11.00 **Coast Guard at War**
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Architecture the Railways Built** Four editions.
1.00 PM **The Architecture the Railways Built** Back-to-back editions, including at:
7.00 Tim Dunn follows his family's roots by exploring Metroland, the area around the Metropolitan Railway.
8.00 Tim explores the ornate St Pancras station in London and its sister hotel, built to show off the might of the Midlands.
9.00 Tim explores the disused Tube station Down Street in Mayfair which played a tactical role during World War Two.
10.00 Tim visits the Ffestiniog railway in north Wales, originally built to transport slate from mountain to coas.
11.00 Tim goes behind the scenes at London's King's Cross station and finds out about the disused funicular railway hidden in the Avon Gorge in Bristol.
12.00 M'T **to 6.00** AM **The Architecture the Railways Built**

+1 hour 266 376

ID

154 141 166

8.00 AM **Betrayed** Double bill.
10.00 **Never Say Goodbye**
12.00 NOON **Obsession: Dark Desires** Double bill.
2.00 PM **American Monster**
4.00 **Predator at Large**
6.00 **Evil Stepmothers** The murder of California attorney Larry McNabney in September 2001.
7.00 The 1975 murder of department store mogul Al Haber, killed by his wife in an attempt to reap the benefits of his life insurance policy.
8.00 **I Am Homicide** The hunt for the killer of high school sports star Travis Davis, who was gunned down on the streets of Charlotte in 2006.
9.00 **Evil Lives Here** Sara unearths her family's dirty secrets.
10.00 **Dead Silent** The disappearance of an outgoing college student in the summer of 1985.
11.00 **Lethally Blonde**
12.00 M'T **Mean Girl Murders**
2.00 AM **Where Murder Lies**
4.00 **to 6.00** AM **Still a Mystery**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Garage Rehab**
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Texas Metal**
5.00 PM **Kindig Customs** Dave makes changes to a classic car.
6.00 Restoring a 1962 Corvette and a 1955 Mercedes Gullwing.
7.00 A road warrior helps improve an already solid build.
8.00 **Massive Engineering Mistakes** Triple bill of the series in which experts analyse what went wrong with the world's extraordinary building mistakes.
11.00 **Motor Pickers** Paul Cowland and Helen Stanley help buyers find their dream rides.
11.30 The duo try to help buyers find their dream rides within their budget – from SUVs to high end sports cars.
12.00 M'T **Auto Trader** Analysing how to turn a beach buggy into a profitable sale.
12.30 AM Choosing a vehicle for drummer Rick Buckler.
1.00 **to 5.00** AM **Garage Rehab**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **I Don't Understand You** Horror. (2024, 15, 97min) ★★★
7.45 **The Sloth Lane** Animated adventure. (2024, PG, 90min)
9.20 **PREMIERE The Thicket** (2024)
11.20 **Kraven the Hunter** (2024)
1.30 PM **Long Gone Heroes** (2024)
3.20 **Wicked** Musical adventure. (2024, PG, 160min) ★★★★
6.05 **PREMIERE The Thicket** Drama with Peter Dinklage, Juliette Lewis and Levon Hawke. (2024, 15, 108min)

6.05 The Thicket

8.00 Long Gone Heroes Action thriller starring Eden Brolin. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. With Andy Garcia. (2024, 15, 101min)

10.00 Kraven the Hunter Adventure starring Aaron Taylor-Johnson. A conservationist's relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Juror #2** Thriller with Toni Collette and Nicholas Hoult. (2024, 12, 113min) ★★★★
2.10 **Running on Empty** Comedy. (2024, 15, 91min) ★★★
3.45 **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Anti Heroes

303 303 403 503 517

6.10 AM **Fast & Furious 5** Thriller sequel. (2011, 12, 130min) ★★★
8.20 **Fast & Furious 6** Thriller sequel. (2013, 12) ★★★
10.30 **Fast & Furious 7** Thriller sequel. (2015, 12) ★★★★
12.50 PM **Fast & Furious 8** Thriller sequel. (2017, 12, 136min) ★★★
3.10 **Fast & Furious Presents Hobbs & Shaw** Adventure. (2019, 12, 137min) ★★★
5.30 **Inception** Mystery thriller. (2010, 12, 148min) ★★★★★

10.10 True Romance

8.00 Kraven the Hunter Fantasy adventure starring Aaron Taylor-Johnson, Russell Crowe and Ariana Debose. A conservationist's relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 True Romance Thriller starring Christian Slater and Patricia Arquette as a naive young couple on the run from mobsters pursuing a $5million stash of cocaine. (1993, 18, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **MaXXXine** Crime thriller. (2024, 18, 110min) ★★★
1.55 **The Legend of Zorro** Comedy adventure sequel. (2005, PG, 130min) ★★★
4.05 **The Cinema List: Antiheroes**
4.20 **to 6.15** AM **The Bricklayer** Thriller. (2023, 15, 110min) ★★

Sky Cinema Drama

310 310 410 510 524

7.15 AM **El Dorado** Western. (1966, PG, 126min) ★★★★
9.25 **The Man Who Shot Liberty Valance** John Ford Western. (1962, b/w, U, 122min) ★★★★★
11.40 **The Great Gatsby** As 9.55pm.
2.05 PM **Lost in Translation** Romantic comedy drama. (2003, 15, 102min) ★★★★★
3.55 **Dunkirk** Wartime drama. (2017, 12, 106min) ★★★★★
5.55 **The Three Musketeers: Milady** Adventure sequel starring François Civil and Eva Green. (2023, 12, 115min) ★★★★
8.00 **One Life** Drama starring Anthony Hopkins. Months before World War Two, a London stockbroker attempts to rescue children from Nazi-occupied Czechoslovakia. (2023, 12, 105min) ★★★★
9.55 **The Great Gatsby** Romantic drama starring Robert Redford. (1974, 12, 146min) ★★★
12.20 AM **The Color Purple** Musical drama starring Fantasia Barrino. (2023, 12, 141min) ★★★
2.45 **Saturday Night Fever** Dance drama starring John Travolta. (1977, 18, 119min) ★★★★
4.45 **to 6.20** AM **Drift** Drama. (2023, 15, 93min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

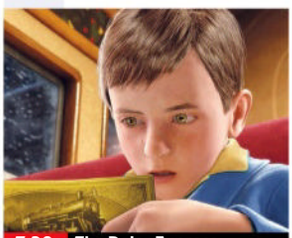
7.35 AM **The Collector** Thriller. (1965, 15, 119min) ★★★
9.40 **Insidious: Chapter 2** Supernatural thriller sequel. (2013, 15, 103min) ★★★
11.30 **The Woman in Black** Chiller. (2012, 12, 91min) ★★★★
1.15 PM **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
3.00 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
6.00 **Passengers** Drama with Jennifer Lawrence. Two travellers on a spaceship are woken 90 years before the end of their mission. (2016, 12, 116min) ★★★
8.00 **Ready Player One** Adventure starring Tye Sheridan and Olivia Cooke. Gamers explore a virtual world in the quest for a deceased tycoon's fortune. (2018, 12, 140min) ★★★★
10.20 **Star Trek Into Darkness** Sci-fi action adventure sequel. (2013, 12, 132min) ★★★★
12.35 AM **Star Trek: Nemesis** Sci-fi adventure with Patrick Stewart. (2002, 12, 116min) ★★★
2.35 **The Exorcist: Believer** Horror sequel. (2023, 15, 111min) ★★★
4.30 **to 6.30** AM **Dorian Gray** Horror starring Ben Barnes. (2009, 15, 112min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema School's Out

306 306 406 506 519

6.55 AM **Teen Titans Go! to the Movies** As shown at 1.45am.
8.35 **Home** (2014, U) ★★★
10.20 **Big Fat Liar** As 10.40pm.
11.55 **The Karate Kid** Family drama. (2010, PG, 140min) ★★★
2.15 PM **IF** Fantasy. (2024, U) ★★★
4.00 **Matilda** Roald Dahl's fantasy. (1996, PG, 98min) ★★★★
5.40 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
7.20 **The Polar Express** Animation. (2004, U, 100min) ★★★★


7.20 The Polar Express

The Polar Express (film started at 7.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.05 **Monster House** Animated adventure with the voices of Steve Buscemi and Nick Cannon. Three children discover that the house across the street is alive. (2006, PG, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Big Fat Liar** Teenage comedy starring Frankie Muniz and Paul Giamatti. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.10 AM **Rugrats Go Wild** Animated comedy adventure. (2003, U, 81min) ★★★
1.45 **Teen Titans Go! to the Movies** Animated adventure. (2018, PG, 84min) ★★★
3.15 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
4.40 **to 6.20** AM **Monster House**

Sky Cinema Action

307 307 407 507 521

6.30 AM **Hellboy** Horror fantasy. (2004, 12, 122min) ★★★★
8.45 **The Mechanic** Action thriller. (2011, 15, 93min) ★★
10.20 **Long Gone Heroes** As 6.15pm.
12.05 PM **The Green Hornet** Fantasy. (2011, 12) ★★★
2.10 **Godzilla** Thriller remake. (2014, 12, 118min) ★★★
4.15 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★
6.15 **Long Gone Heroes** Action thriller. (2024, 15, 101min)

8.00 Charlie's Angels

8.00 **Charlie's Angels** Comedy thriller starring Drew Barrymore, Cameron Diaz and Lucy Liu as three private eyes sent on a mission to investigate the kidnapping of a computer magnate. (2000, 15, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Charlie's Angels: Full Throttle** Action comedy sequel starring Cameron Diaz, Drew Barrymore and Lucy Liu. (2003, 12, 106min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith. (2003, 15, 147min) ★★★
2.05 AM **Terminator Salvation** Sci-fi thriller sequel starring Christian Bale, Anton Yelchin and Sam Worthington. (2009, 12, 110min) ★★★
4.05 **to 6.15** AM **The Sum of All Fears** Thriller starring Ben Affleck and Morgan Freeman. (2002, 12, 119min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **The First Wives Club**
8.35 **The Five-Year Engagement**
10.40 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
12.30 PM **Galaxy Quest** As 3.30am.
2.15 **Seven Psychopaths** Comedy. (2012, 15, 106min) ★★★★
4.10 **Two Weeks Notice** Comedy starring Sandra Bullock. (2002, 12, 101min) ★★★
6.00 **Mamma Mia!** Musical starring Meryl Streep and Colin Firth. (2008, PG, 108min) ★★★★

9.55 The First Wives Club

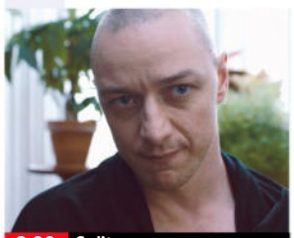
8.00 **Mamma Mia! Here We Go Again** Abba-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **The First Wives Club** Comedy starring Goldie Hawn, Bette Midler and Diane Keaton as three abandoned New York wives who begin plotting their revenge on their errant ex-husbands. (1996, PG, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **The Five-Year Engagement** Romantic comedy starring Jason Segel and Emily Blunt. (2012, 15, 119min) ★★★
1.45 AM **Two Weeks Notice** (2002)
3.30 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
5.15 **to 7.10** AM **Seven Psychopaths** As 2.15pm.

Sky Cinema Thriller

309 309 409 509 523

6.35 AM **Clear and Present Danger** Crime action thriller. (1994, 12, 141min) ★★★
9.00 **Force of Nature: The Dry 2**
10.55 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
1.05 PM **Sherlock Holmes** Thriller. (2009, 12, 128min) ★★★★
3.25 **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★
6.05 **Force of Nature: The Dry 2** Crime thriller starring Eric Bana. (2024, 15, 120min) ★★★


8.00 Split

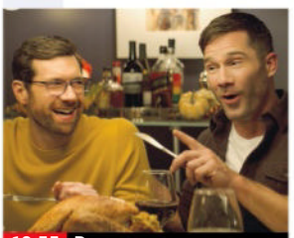
8.00 **Split** Thriller starring James McAvoy and Anya Taylor-Joy. After being abducted by a kidnapper with multiple personalities, three young women are engaged in a fight for survival. With Haley Lu Richardson. (2016, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Equalizer 2** Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall tries to avenge her death. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.15 AM **Psycho** Horror. (1960, b/w, 15, 109min) ★★★★★
2.10 **Django Unchained** Western. (2012, 18, 165min) ★★★★
5.10 **The Cinema List**
5.30 **to 7.40** AM **The China Syndrome** Thriller with Jane Fonda and Jack Lemmon. (1979, PG, 122min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Dora and the Lost City of Gold** Family adventure. (2019, PG, 102min) ★★★
1.05 PM **Ferdinand** Animation. (2017, U, 102min) ★★★
3.10 **Transformers: Revenge of the Fallen** Blockbuster sci-fi action adventure sequel. (2009, 12, 149min) ★★★
6.15 **Battleship** Sci-fi action adventure starring Taylor Kitsch. (2012, 12, 126min) ★★★


10.55 Bros

Battleship (film started at 6.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Men in Black** Sci-fi action comedy starring Tommy Lee Jones and Will Smith. A streetwise New York cop joins a secret government agency that polices alien activity on Earth. (1997, PG, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Bros** Comedy starring Billy Eichner and Luke Macfarlane. Two men with commitment issues attempt a relationship. (2022, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 **to 3.20** AM **The Stone Roses: Made of Stone** Rock music documentary. (2013, 15, 96min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Favourites

302 302 402 502 516

7.40 AM **Jack Reacher: Never Go Back** As shown at 4.00am.
9.40 **Fury** World War Two drama. (2014, 15, 134min) ★★★
11.55 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★
1.40 PM **The Equalizer** Action thriller. (2014, 15, 132min) ★★★
3.55 **The Fall Guy** Comedy starring Ryan Gosling and Emily Blunt. (2023, 12, 126min) ★★★★
6.05 **Twister** Disaster movie starring Helen Hunt and Bill Paxton as an estranged married couple who reunite to chase tornadoes across the American Midwest. (1996, PG, 114min) ★★★
8.00 **Twisters** Standalone disaster sequel with Daisy Edgar-Jones. (2024, 12, 122min) ★★★★
10.05 **Trap** Thriller with Josh Hartnett. A serial killer tries to evade a police blockade while attending a concert with his daughter. (2024, 15, 105min) ★★★★
11.55 **Snakes on a Plane** Action thriller with Samuel L Jackson. (2006, 15, 105min) ★★★
1.45 AM **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
4.00 **to 6.00** AM **Jack Reacher: Never Go Back** Action thriller sequel. (2016, 12, 118min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Jaws** As 5.50pm.
8.10 **Jaws 2** As shown at 8.00pm.
10.10 **Jaws 3** As 10.00pm.
12.00 NOON **Jaws** As 5.50pm.
2.10 PM **Jaws 2** As 8.00pm.
4.10 **Jaws 3** As 10.00pm.
5.50 **Jaws** Steven Spielberg's blockbuster monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. (1975, 12, 125min) ★★★★★
8.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider, Lorraine Gary and Murray Hamilton. Another shark returns to terrorise the small town of Amity. (1978, PG, 115min) ★★★
10.00 **Jaws 3** Adventure sequel starring Dennis Quaid and Bess Armstrong. The opening of an undersea theme park turns into a bloodbath when a great white shark enters the underwater tunnels that have attracted the crowds. (1983, 12, 99min) ★★
11.45 **Jaws** Steven Spielberg's monster thriller starring Roy Scheider. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
2.05 AM **Jaws 2** As 8.00pm.
4.15 **Sky Cinema Preview**
5.15 **to 7.10** AM **Jaws 3** As 10.00pm.

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
7.35 **Amazing Maurice** Animation. (2022, PG, 93min) ★★★★
9.15 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
10.55 **Bon Voyage, Charlie Brown** Animation. (1980, U, 70min) ★★
12.25 PM **Monsters vs Aliens** Animation. (2009, PG) ★★★
2.05 **Sing** Animation. (2016, U) ★★★
4.00 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
5.35 **Trolls** Animation. (2016, U) ★★★
7.10 **Trolls Band Together** Animated sequel. (2023, U, 91min) ★★★
8.45 **Migration** Animated comedy. (2023, U, 83min) ★★★
10.15 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** Animated adventure. (2022, PG, 79min) ★★★
11.40 **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★
1.05 AM **Under the Boardwalk** Animation. (2023, PG) ★★★
2.35 **Little Vampire** Animation. (2020, PG, 85min) ★★★
4.05 **Tom and Jerry: A Nutcracker Tale** Animation. (2007, U) ★★★
5.00 **to 6.25** AM **Scooby-Doo! The Sword and the Scoob** (2021)

Movies 24

312 313 419

7.00 AM **What We Do For Love** Comedy. (2023, PG, 89min) ★★
9.00 **The Royal Nanny** Festive comedy. (2022, PG, 84min) ★★
11.00 **The Story of Love** Romantic comedy. (2022, PG, 91min) ★★
1.00 PM **Signed, Sealed, Delivered: To the Moon and Back** Mystery. (2025, PG, 90min) ★★
3.00 **Love On Your Doorstep** Drama. (2023, PG, 86min) ★★
5.00 **Unthinkably Good Things** Drama. (2022, PG, 84min) ★★
7.00 **Falling in Love in Niagara** Drama starring Jocelyn Hudon. After her fiancé leaves her before their wedding, a woman takes their honeymoon without him. (2024, PG, 84min) ★★
9.00 **Signs of Your Heart** Comedy with Kelli McNeil. A busy single mother struggles to find time for romance – until a new tenant moves into a property she owns. (2023, PG, 89min) ★★
11.00 **Retreat to You** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **Love in Whitbrooke** Drama. (2021, PG, 88min) ★★
3.00 **to 5.00** AM **Haunted Wedding** Fantasy. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Beau Geste** 2/8. (S1)
6.35 **The Lost City** Action adventure.
8.25 **Space Patrol** 12/39. (S1)
9.00 **Batman** 28/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Supercar** 17/26. (S1)
10.30 **A Hitch in Time** Children's fantasy. (1978, U, 57min) ★★
11.30 **The Adventures of Robin Hood**
12.00 NOON **Unknown World** Sci-fi drama. (1951, b/w, U, 74min) ★
1.35 PM **Look at Life** Documentary.
1.50 **One Step Beyond** 7/36. (S3)
2.25 **Captain Scarlet and the Mysterons** 30/32. (S1)
3.00 **Return of a Stranger** Drama. (1961, b/w, PG, 63min) ★★
4.15 **The Long Arm** Crime thriller. (1956, b/w, U, 100min) ★★★★
6.15 **Cinebox Memories**
6.20 **Scotland Yard** 32/39. (S1)
7.00 **Maigret** 7/13. (S1)
8.00 **A Family at War** 11/19. (S2)
9.05 **The Comic** Comedy drama. (1969, PG, 90min) ★★★
11.00 **Yield to the Night** Drama. (1956, b/w, 15, 99min) ★★★★
1.00 AM **Salome** Biblical drama. (1953, PG, 104min) ★★
3.05 **Things to Come** Sci-fi fantasy. (1936, b/w, PG, 113min) ★★★★
4.55 **Look at Life** Double bill.
5.30 **to 6.00** AM **Out of Town**

SATURDAY Sport

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.30 LIVE **British and Irish Lions Tour Australia v British & Irish Lions.** The third Test staged at Accor Stadium. Kick-off **11.00am**.
2.00 PM LIVE **Formula 2** The Hungarian Grand Prix sprint race.
2.15 LIVE **Formula 1** The Hungarian Grand Prix qualifying session.
4.00 LIVE **Test Cricket England v India.** Coverage of the third day of the fifth and final Test in the series at The Kia Oval in London.
6.30 LIVE **SPFL Motherwell v Rangers.** Coverage of both teams' opening match staged at Fir Park. Kick-off is at **5.30pm**.
8.00 LIVE **WTA & ATP Tennis** Coverage of day seven of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal.
9.30 LIVE **PGA Tour Golf** Coverage of day three of the Wyndham Championship in Greensboro.
11.00 LIVE **WTA & ATP Tennis** Further coverage of the seventh day of the Canadian Open.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Sticker Book** Triple bill.
9.45 **Unpacked** Pep Guardiola.
10.00 **Transfer 360**
11.00 **Gary Neville's Soccerbox**
12.00 NOON **Soccer Saturday Pre-Match** Build up.
2.00 PM **Gillette Soccer Saturday**
5.30 **Gillette Soccer Saturday: Reaction** Post-match analysis.
7.00 **Transfer 360** As 9.30pm.
7.30 **Gary Neville's Soccerbox** The former defender is joined by five-time Premier League winner and Chelsea legend John Terry.
8.30 **Champions Show: Liverpool** A look back at Liverpool's title-winning 2024/25 campaign.
9.30 **Transfer 360** The story of Edwin van der Sar's move from Fulham to Manchester United in 2005.
10.00 **Class of '92: Full Time** Salford City embark on their first season in the Football League.
11.00 **Class of '92: Full Time**
1.00 AM **PL Retro** Manchester United v Liverpool from 2008/09.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
6.15 **Championship Season Review**
7.45 **EFL Highlights**
9.00 **EFL** Sheffield Utd v Sunderland.
10.00 **EFL Highlights**
10.15 **Championship Season Review**
11.45 **EFL Highlights**
12.00 NOON LIVE **EFL Cardiff City v Peterborough United.** Coverage of the League One match staged at Cardiff City Stadium. Kick-off **12.30pm**.
2.45 PM LIVE **EFL Barnet v Fleetwood Town.** Coverage of the League Two match from The Hive Stadium. Kick-off **3.00pm**.
5.00 LIVE **SPFL Motherwell v Rangers.** Coverage of both teams' opening match of the season from Fir Park. Kick-off is at **5.30pm**.
8.00 **EFL** Cardiff v Peterborough.
10.00 **EFL Highlights**
11.00 **SPFL Highlights**
11.15 **EFL Greatest Games**
12.00 M'T **EFL Cup Highlights**
2.45 AM **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Old Firm Derby Best Goals**
5.30 **to 6.00** AM **Edinburgh Derby Best Goals**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **Women's One-Day International Cricket**
8.00 **Test Cricket** England v India.
9.00 **Women's One-Day International Cricket**
10.00 **Test Cricket Bitesize**
10.15 LIVE **Test Cricket England v India.** Coverage of the third day of the fifth and final Test in the series at The Kia Oval in London. The hosts chased down a target of 377 in the final Test of the last series between these two sides in England, as they came away with a seven-wicket victory in 2022.
7.00 PM **Ashes Greats** Player profiles.
7.30 **Best of England v India**
8.00 **Test Cricket** England v India on the third day of the fifth and final Test from The Kia Oval in London.
9.00 **Best of England v India**
10.30 **Test Cricket Bitesize**
11.15 **Best of ICC WT20**
11.30 **Best of England v India**
12.00 M'T **Test Cricket** England v India.
1.00 AM **Women's One-Day International Cricket**
3.00 **Test Cricket** England v India.
4.00 **to 6.00** AM **Women's One-Day International Cricket**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Ladies European Tour Golf**
7.00 **Women's Golf** Women's Open.
12.00 NOON LIVE **Women's Golf** Coverage of day three of the AIG Women's Open Championship.
7.00 PM LIVE **PGA Tour Golf** Coverage of the third day of the Wyndham Championship.
11.00 **Women's Golf** Women's Open.
12.00 M'T **Hall or Nothing: Georgia's Story** Documentary.
1.00 AM **Women's Golf**
2.00 **The Open Zone** Archive action.
3.00 **PGA Tour Golf** Highlights.
4.00 **Women's Golf** Women's Open.
5.00 **to 6.00** AM **Tee Time Tips**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM **ATP Tour This Week**
1.30 **WTA & ATP Tennis**
5.30 LIVE **WTA & ATP Tennis** Day seven of the Canadian Open.
9.30 **ATP Tour This Week**
10.00 **WTA All Access**
10.30 **WTA & ATP Tennis**
11.00 LIVE **WTA & ATP Tennis** Further coverage of the seventh day of the Canadian Open.
4.00 AM **Bitesize Tennis**
4.15 **Frances Tiafoe Podcast 2024**
4.30 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

7.00 AM LIVE **AFL Gold Coast Suns v Richmond Tigers.** From the People First Stadium. Bounce-up **7.10am**.
10.00 **TNT Sports Reload**
10.30 **International T20 Cricket Highlights** West Indies v Pakistan in Lauderhill, Florida.
11.30 **Tour de France Women**
12.30 PM LIVE **Tour de France Women** Coverage of stage eight, a 111.9km route from Chambéry to Saint François Longchamp.
5.00 **AFL** A chance to see Melbourne Demons v West Coast Eagles.
6.30 **AFL** Another chance to see Gold Coast Suns v Richmond Tigers.
8.00 **Tour de France Women** Action from the eighth stage of the race.
9.00 LIVE **UFC** Coverage of the preliminary bouts from UFC Fight Night, which takes place at UFC Apex in Enterprise, Nevada.
11.00 LIVE **UFC Amir Albazi v Tatsuro Taira.** Coverage of the flyweight bout from UFC Apex in Enterprise, plus the undercard.
2.30 AM **Shanghai Masters Snooker**
4.30 **Cycling** San Sebastian Classic.
5.30 **to 6.00** AM **World Rally Championship**

TNT Sports 2

411 414 522 409 431

6.00 AM **Tour de France Women**
7.00 LIVE **Shanghai Masters Snooker** Coverage of the first session of the second semi-final at Luwan Gymnasium in Shanghai.
10.00 **UTMB World Series Highlights**
11.00 **Ultimate Pool** Pairs Cup.
12.30 PM LIVE **Shanghai Masters Snooker** Coverage of the second session of the second semi-final at Luwan Gymnasium.
3.30 **MLB Highlights**
4.30 LIVE **FIM Speedway Grand Prix** Coverage of the eighth round of the season staged at Riga Speedway Stadium in Latvia.
8.00 LIVE **WNBA Las Vegas Aces v Minnesota Lynx.** Coverage of the match from Michelob ULTRA Arena, Paradise. Tip-off **8.00pm**.
10.00 **Shanghai Masters Snooker**
12.00 M'T **TNT Sports Cricket Reload**
12.45 AM LIVE **International T20 Cricket West Indies v Pakistan.** Coverage of the second T20 in the three-match series from Central Broward Regional Park in Lauderhill.
5.00 **to 6.00** AM **Test Cricket Highlights**

Sky Sports The Lions

408 408 517 507 426 446

6.00 AM **Lions Legends**
7.30 **British and Irish Lions Tour**
9.30 LIVE **British and Irish Lions Tour Australia v British & Irish Lions.** Coverage of the third Test, as the Lions' tour reaches a conclusion at Accor Stadium in Sydney. The Lions have only won one series since the turn of the century, that being the 2013 tour to Australia, and after winning the first Test in Brisbane they guaranteed they would come into this match with a chance of securing a second, irrespective of the outcome in the second Test in Melbourne. Kick-off **11.00am**.
2.00 PM **Lions Legends**
3.00 **British and Irish Lions Tour**
7.00 **Lions Legends** Player profiles.
8.00 **British and Irish Lions Tour** Another chance to see the third Test between Australia and British & Irish Lions at Accor Stadium.
12.30 AM **Lions 2005: Inside the Lions Den** Documentary about the British & Irish Lions tour of New Zealand in 2005.
3.00 **Lions Legends** Profiles.
4.00 **British and Irish Lions Tour**
5.00 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **NRL St George-Illawarra Dragons v Canberra Raiders.** Coverage of the match at WIN Stadium. Kick-off is at **8.30am**.
10.30 LIVE **NRL Manly-Warringah Sea Eagles v Sydney Roosters.** Coverage of the match at 4 Pines Park in Sydney. Kick-off **10.35am**.
12.30 PM **Soccer Saturday Pre-Match** Build up.
2.00 **Gillette Soccer Saturday**
2.50 LIVE **EFL Bradford City v Wycombe Wanderers.** Coverage of the League One match at University of Bradford Stadium. The Bantams are making a return to this level for the first time since the 2018/19 season after finishing third in League Two last term. Kick-off is at **3.00pm**.
5.30 LIVE **WTA & ATP Tennis** Coverage from the seventh day of the Canadian Open.
9.30 **Match Centre**
10.00 **Sky Sports News**
12.00 M'T LIVE **WTA & ATP Tennis** Further coverage of the seventh day of the Canadian Open.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

7.00 AM **EFL Greatest Games**
7.15 LIVE **NRLW Brisbane Broncos v Cronulla-Sutherland Sharks.**
9.00 **Test Cricket** England v India.
10.00 **Women's Golf** Women's Open.
11.00 **ATP Tennis** Highlights.
12.00 NOON **Test Cricket**
2.00 PM **PL Greatest Games**
3.00 **ATP Tennis** Miami Open final.
4.05 LIVE **Currie Cup Rugby Union Blue Bulls v Natal Sharks.** Coverage from Loftus Versfeld Stadium. Kick-off **4.10pm**.
6.00 **Test Cricket** England v India.
7.00 **Pushing Boundaries: To the Hundred and Beyond**
8.15 **ATP Tennis** Highlights.
9.15 **PL Greatest Games**
10.00 **Test Cricket** England v India.
12.00 M'T **PL Greatest Games**
1.00 AM **Test Cricket** England v India.
1.55 **Women's Golf** Women's Open.
2.50 LIVE **NRLW Queensland Cowboys v New Zealand Warriors.** Kick-off **2.50am**.
4.35 **My Icon** Charlotte Edwards.
4.45 **to 6.30** AM LIVE **NRLW Newcastle Knights v Canberra Raiders.** Kick-off is at **4.45am**.

TNT Sports 3

413 415 523 410 432

6.00 AM **Discovery Golf**
6.30 **Spirit of Yachting**
7.00 **Superbike Rewind**
7.15 **TNT Sports Cricket Reload**
7.30 **Test Cricket Highlights**
8.30 LIVE **Test Cricket Zimbabwe v New Zealand.** Coverage of day four of the first Test in Bulawayo.
5.00 PM **Discovery Golf**
5.30 **MLB: Off the Bat**
6.00 **MLB Highlights**
7.00 LIVE **MLB Chicago Cubs v Baltimore Orioles.** The inter-league match. Start-time **7.20pm**.
10.15 **TNT Sports Reload**
10.30 **World Rally Championship**
11.00 **Test Cricket Highlights**
12.00 M'T LIVE **MLB Cincinnati Reds v Atlanta Braves.** The National League game. Start-time **12.15am**.
3.15 AM **TNT Sports Reload**
3.30 **Tour de France Women**
4.30 **to 7.30** AM LIVE **AFL St Kilda Saints v North Melbourne Kangaroos.** Bounce-up **4.40am**.

TNT Sports 4

414 416 524 411 434

6.45 AM **TNT Sports Reload**
7.00 LIVE **AFL Sydney Swans v Essendon Bombers.**
10.00 **Discovery Golf**
10.30 LIVE **AFL Collingwood Magpies v Brisbane Lions.**
1.30 PM **Race Bikes** Mountain Bike.
2.00 LIVE **Cycling** San Sebastian.
4.30 LIVE **BMX Racing World Championship** In Copenhagen.
5.30 LIVE **World Rally Championship** Rally Finland.
7.15 **Reframe the Game**
7.30 **Discovery Golf**
8.00 **Race Bikes** Mountain Bike racing.
8.30 **TNT Sports Reload**
9.00 LIVE **MLB New York Mets v San Francisco Giants.**
12.15 AM **Cycling** Highlights.
1.45 **World Rally Championship**
2.15 **British Superbikes Rewind**
2.30 **to 6.00** AM LIVE **FIM Endurance World Championship** From Suzuka.

Premier Sports 1

419 551

6.00 AM **LaLiga Specials**
7.00 **Transworld Sport** Magazine.
8.00 **Euro Le Mans Highlights**
9.00 **NASCAR Highlights**
10.00 **British Minibikes**
11.00 **World Surf League**
12.00 NOON **Football's Greatest**
12.30 PM **LaLiga** Highlights.
3.25 **Football's Greatest**
3.55 LIVE **Pre-Season Football Borussia Dortmund v Lille.** The friendly match from Hemberg Stadium. Kick-off is at **4.00pm**.
6.00 **Football** Features and highlights.
6.55 LIVE **Pre-Season Football Marseille v Sevilla.** Coverage of the friendly match at the Orange Velodrome. Kick-off **7.00pm**.
9.00 **Football** Features and highlights.
11.30 **Transworld Sport** Magazine.
12.30 AM **Motorsport Highlights**
2.00 **World Surf League**
3.00 **Euro Le Mans Highlights**
4.00 **Indy Autonomous Challenge**
5.00 **to 6.00** AM **British Minibikes**

Premier Sports 2

420 552

6.00 AM **LaLiga Specials**
7.00 **Temples of Sport**
7.30 **International Rugby Union**
9.30 **FastZone** Motorsports highlights.
10.00 **NASCAR Trucks**
1.00 PM **Motorsport** Valentino Rossi.
1.30 **GP Confidential** F1 news.
2.00 **LaLiga Specials**
3.00 **Pre-Season Football** A chance to see VfL Wolfsburg v Espanyol.
5.00 A replay of Monaco v Torino.
6.55 **Bike World** Magazine.
7.25 LIVE **Pre-Season Football Borussia Mönchengladbach v Valencia.** Coverage of the friendly match staged at Borussia-Park. Kick-off **7.30pm**.
9.30 **Football's Greatest**
10.30 **LaLiga Specials**
11.30 **Pre-Season Football** Borussia Mönchengladbach v Valencia.
1.30 AM **Pre-Season Football**
3.30 **GP Confidential** F1 news.
4.00 **to 6.00** AM **International Rugby Union**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **F1 Features**
6.45 **Formula 1** Hungarian Grand Prix.
8.00 **The F1 Show** Race preview.
9.00 LIVE **Formula 3** Coverage of the Hungarian Grand Prix sprint race.
10.00 **F1 Features**
11.15 LIVE **Formula 1** The Hungarian Grand Prix third practice session.
1.10 PM LIVE **Formula 2** The Hungarian Grand Prix sprint race.
2.15 LIVE **Formula 1** The Hungarian Grand Prix qualifying session.
5.00 **Hill** A profile of Damon Hill.
6.30 **Formula 1** Hungarian Grand Prix.
8.30 **Formula 1** British Grand Prix.
8.35 **The Red Bull Pitstop Team**
8.45 LIVE **GT World Challenge Europe** From Magny-Cours.
10.30 **Formula 2** Hungarian Grand Prix.
11.30 **Formula 1** Season highlights.
12.45 AM **F1 Feature**
1.00 **Formula 1** Hungarian Grand Prix.
3.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

3 August

Evening Planner

Animation

Kensuke's Kingdom
BBC1, 3.35pm
Adventure based on Michael Morpurgo's book – a storm leaves a young boy and his dog stranded on a desert island.

Wildlife

Parenthood
BBC1, 7.20pm
Sir David Attenborough explains some of the strategies animal parents employ to teach survival skills to their offspring.

Reality

Celebrity SAS: Who Dares Wins
C4, 9pm
Hannah Spearritt is one of the famous faces undergoing special forces training.

OnDemand

prime

Hunting the Yorkshire Ripper
Available today
Former detective Chris Gregg recalls how DNA led to the capture of hoaxer 'Wearside Jack'.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1		7.20 Parenthood		8.20 Antiques Roadshow		9.20 The Narrow Road to...	10.00 News	10.30 Destination X
	102 BBC2	7.00 Today at the Test		8.00 Top Gear		9.00 Inside the Cult of the Jesus Army		10.00 Film: Children of Men	
	103 ITV1	7.00 Cooking with the Stars		8.00 Karen Pirie				10.00 News	10.20 Lucy Letby: Beyond...
	104 CHANNEL 4	‹ 6.30 F1: Hungarian Grand Prix Highlights				9.00 Celebrity SAS: Who Dares Wins		10.00 The Veil	
	105 5	7.00 Costco vs the Supermarkets: Who...		8.00 22 Kids & Counting		9.00 Rich Holiday, Poor Holiday		10.00 Killer at the Crime Scene	
	106 SKY SHOWCASE	7.00 Rob & Romesh vs Cricket: The Test		8.00 Rob & Romesh vs Heavy Metal		9.00 S.W.A.T.		10.00 Ricky Gervais Live: Animals	
ENTERTAINMENT	115 BBC3	7.00 Film: Spider-Man: Far From Home				9.00 Film: Spider-Man: No Way Home			
	116 BBC4	7.00 The Fairytale Castles of King Ludwig II...		8.00 Oscar Peterson: Words and...		8.50 In Concert...	9.20 Omnibus: Oscar Peterson and André Previn		10.25 Oscar Peterson...
	118 ITV2	‹ 6.10 Film: Batman v Superman: Dawn of Justice				9.00 Love Island		10.00 Love Island: Aftersun	
	136 MORE4	‹ 6.50 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Rick and Morty		10.00 Film: Hustlers	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Matlock		10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.15 House of the Dragon				9.00 True Detective		10.05 The Wire	
	110 U&GOLD	‹ 5.45 Only...	7.20 Dad's Army	8.00 Red Dwarf			9.20 Men Behaving Badly		10.40 Not...
	111 U&DAVE	7.00 Bradford on Duty			8.20 Would I Lie to You?	9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.10 Midsomer Murders		8.00 Doc Martin				10.00 Vera	
	120 ITV4	7.00 Junk and Disorderly		8.00 Film: Rocky V				10.10 Film: Predator 2	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Bad Neighbours 2			
	139 SKY SCI-FI	7.00 Star Trek: The Next Generation							
	113 SKY MAX	7.00 Agatha Raisin				9.00 S.W.A.T.		10.00 Freddie Down Under	
	109 U&ALIBI		7.10 Bookish		8.20 Death in Paradise				
	130 SKY ARTS	‹ 5.25 Andrea...	7.25 Paul McCartney and Wings: One Hand Clapping			9.00 Stuart Sutcliffe: The Lost Beatle		10.20 The Agatha Christie...	
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Great White Assassins		10.00 Black Mako of the Abyss	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Nature's Strangest Mysteries: Solved		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Back to the Titanic		8.00 Lost Ships of WW2		9.00 Naming the Dead		9.55 Destruction Decoded	
	123 SKY HISTORY	7.00 Viking Dead				9.00 The Guilty Innocent with Christopher Eccleston			
	155 U&YESTERDAY	7.00 Operation Arctic		8.00 Classic Car Kings		9.00 Bangers & Cash			
	121 SKY DOCS	‹ 6.50 Tina				9.00 Billy Joel: And So It Goes			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.15 Long Gone Heroes		8.00 Kraven the Hunter				10.10 The Room Next Door	
	302 FAVOURITES	‹ 5.50 The Mummy		8.00 The Mummy Returns				10.15 The Mummy: Tomb of the...	
	303 ANTI HEROES	‹ 5.50 Kraven the Hunter		8.00 Joker: Folie à Deux				10.20 Seven Psychopaths	
	304 GREATS	‹ 6.05 Jaws 3		8.00 Jaws				10.05 Jaws 2	
	305 ANIMATION		7.15 Home			8.55 The Nut Job			10.30 Little Vampire
	306 SCHOOL'S OUT	‹ 5.45 Kung Fu...	7.25 How to Train Your Dragon				9.05 Harold and the Purple Crayon		
	307 ACTION	‹ 6.55 Bad Boys for Life				9.00 Long Gone Heroes			
	308 COMEDY	‹ 6.15 Daddy's Home 2		8.00 Miss Congeniality				9.55 Miss Congeniality 2: Armed and Fabulous	
	309 THRILLER	‹ 6.25 Into the Deep		8.00 Sherlock Holmes: A Game of Shadows				10.20 The China Syndrome	
	310 DRAMA	‹ 4.15 Ben-Hur		8.00 Bob Marley: One Love				10.00 Lost in Translation	
	311 SCI-FI	‹ 5.30 Ready Player One		8.00 The Woman in Black: Angel of Death				9.45 Constantine	
	313 FILM4	‹ 6.10 Independence Day				9.00 Men in Black II			
SPORT	401 MAIN EVENT	7.00 Premier League Summer Series – Live: Bournemouth v West Ham United (Kick-off 7.00); Manchester United v Everton (Kick-off 10.00)							
	402 PREMIER LEAGUE	‹ 6.00 Premier League Summer Series – Live: Bournemouth v West Ham United (Kick-off 7.00); Manchester United v Everton (Kick-off 10.00)							
	403 FOOTBALL		7.15 EFL Highlights	7.45 EFL Goals		8.45 EFL Highlights		10.00 SPFL Highlights	10.30 EFL Highlights
	404 CRICKET	7.00 Ashes Greats	7.30 Best of...	8.00 Test Cricket			9.15 Test Cricket Bitesize		
	410 TNT SPORTS 1	7.00 Men's Cycling World Tour		8.00 Tour de France Women		9.00 MLB – Live: San Diego Padres v St. Louis Cardinals (Start-time 9.10)			
	411 TNT SPORTS 2	‹ 6.30 MLB – Live: Philadelphia Phillies v Detroit Tigers (Start-time 6.35)						10.00 World Rally...	10.30 AFL

‹ Denotes programmes starting before 7.00pm † Regions vary

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.00 **BBC News** (S)
10.00 **Pilgrimage: The Road Through Portugal** Reality series. (S)(R)(AD)
11.00 **Homes Under the Hammer** (S)(R)
● **Red Button/iPlayer: 11.20am** UK Athletics Championships.
12.00 NOON **Bargain Hunt** (S)(R)
1.00 PM **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Money for Nothing** (S)(R)
2.35 **Escape to the Country** (S)(R)
3.35 **FILM PREMIERE Kensuke's Kingdom** Animation with the voice of Aaron MacGregor. A storm at sea leaves a boy and his pet dog stranded on a Pacific island. (S) (2023, PG, 80min) ★★★
4.55 **Blue Planet II: Oceans of Wonder** Series two highlights. (S)(R)(AD)
5.55 **BBC News** (S)

9.20 Narrow Road to the Deep North

6 PM

6.10 **Local News** (S)
6.20 **Countryfile** New edition The first of four editions in which John Craven explores the heritage of North Yorkshire. As the nation marks 200 years of railway travel, John journeys to the Wensleydale Railway. (S)

7 PM

7.20 **NEW SERIES Parenthood** 1/5. David Attenborough narrates footage of animals raising their young in the wild. The first edition features lions, hippos, boxer crabs and Iberian lynx. *See feature, page11.* (S)
■ Entire series on BBC iPlayer

8 PM

8.20 **Antiques Roadshow** Fiona and the team are at Dyffryn Gardens near Cardiff, where treasures include a ship's chest from the *Windrush*, and a collection of ceramics. (S)(R)

9 PM

9.20 **The Narrow Road to the Deep North** New episode 3/5. The younger Dorrigo deals with a cholera outbreak. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Destination X** 1/10. Rob Brydon hosts as 13 contestants are taken to undisclosed locations across Europe on a coach with blacked-out windows and have to guess where they are. (S)(R)
11.30 **Destination X** 2/10. The intrepid players head toward the next Destination X, crossing a border and reaching new heights in a series of challenges, ranging from a majestical beach to one of the most iconic peaks in Europe. (S)(R)
12.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **A to Z of TV Gardening** (S)(R)
7.15 **Take a Hike** (S)(R)
7.45 **Countryfile** (S)(R)
8.40 **Beechgrove Garden** New edition
9.10 **Weatherman Walking: The Welsh Coast** (S)(R)
9.40 **Saturday Kitchen Best Bites** New edition With James Acaster.
11.10 **Strawbridge Over the Drawbridge** Culinary series. (S)(R)
11.40 **This Farming Life** (S)(R)
12.40 PM **FILM The Shop Around the Corner** Romantic comedy. (S) (1940, b/w, U, 95min) ★★★★
2.15 **Bette Davis: Talking Pictures** (R)
3.00 **FILM All About Eve** Classic drama starring Bette Davis. (S) (1950, b/w, U, 135min) ★★★★★
5.15 **The Great British Sewing Bee** The contestants channel influential design figures. (S)(R)(AD)

LAST ONE

9.00 Inside the Cult of the Jesus Army

6 PM

6.15 **Flog It!** Paul Martin presents from Glemham Hall in the Suffolk countryside. David Fletcher discovers scripts from the TV series *Lovejoy*, and Jonathan Pratt spots Beatles dolls. (S)(R)

7 PM

7.00 **Today at the Test** England v India: The fourth day of the final Test in the series at The Oval. India haven't beaten their hosts in a Test series in England since 2007. (S)

8 PM

8.00 **Top Gear** Jeremy Clarkson drives the Alfa Romeo Disco Volante made by Touring Superleggera, and Richard Hammond experiences the Mercedes-Benz G63 AMG 6x6. With Jack Whitehall. (S)(R)

9 PM

9.00 **Inside the Cult of the Jesus Army** Series finale 2/2. The 'modesty culture' within the organisation takes a dark turn. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **FILM Children of Men** Thriller starring Clive Owen and Julianne Moore. In a future Britain where humanity is infertile and refugees are herded into large camps, a disillusioned former activist undertakes to smuggle a young woman out of the country. (S) (2006, 15, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.40 **Golf: Women's Open Highlights** The fourth and final round of the Major at Royal Porthcawl. (S)
12.40 AM **FILM Homeward** Drama with Akhtem Seitablaev. Subtitled. (AD) (2020, 12, 90min) ★★
2.10 **Sign Zone: Here We Go** (S)(R)(AD)
2.40 **Sign Zone: Mandy** (S4) (S)(R)(AD)
3.10 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's Great British Adventure** (S)(R)(AD)
6.25 **James Martin's Saturday Morning**
8.25 **Katie Piper's Weekend Escape** New edition With Michelle Collins.
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** (S)(R)
11.25 **Tom Kerridge Cooks Spain** The chef explores Valencia. (S)(R)(AD)
11.55 **Love Your Wildlife Garden** (S)(R)
12.55 PM **ITV News** (S)
1.05 **Ninja Warrior UK** (S)(R)(AD)
2.05 **Deal or No Deal Celebrity Special** With *Coronation Street* star Simon Gregson. (S)(R)(AD)
3.05 **FILM Moonraker** James Bond adventure starring Roger Moore. (S)(AD) (1979, PG, 150min) ★★
5.35 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)

LAST ONE

8.00 Karen Pirie

6 PM

6.30 **ITV News** (S)
6.45 **Local News** (S)

7 PM

7.00 **NEW SERIES Cooking with the Stars** 1/6. Return of the cookery contest, with Natalie Cassidy going head-to-head with Jordan North and Jack Osbourne battling Jessica Wright. (S)(AD)

8 PM

8.00 **Karen Pirie** Series finale 3/3. Detective drama starring Lauren Lyle and Chris Jenks. A shock discovery changes the course of the investigation once more – and causes Pirie to question everything she knows about the case. When an unknown force appears to be blocking the team at every turn, Pirie joins Murray and Stark in an international quest for answers. (S2) (S)(AD)
■ Entire series on ITVX

10 PM

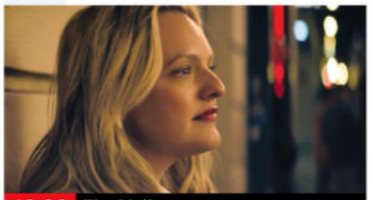
10.00 **ITV News** (S)
10.20 **NEW Lucy Letby: Beyond Reasonable Doubt?** Anouk Curry reports on the conviction of the former nurse, featuring the views of a team of international scientists who say the prosecution case does not stand up to scrutiny. (S)(AD)
11.30 **Heathrow: Britain's Busiest Airport** New cargo driver Dylan hopes his love for hypnosis can get him out of a jam. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Motorsport UK** (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jeremy Pang's Hong Kong Kitchen** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.10 AM **Cheers** 9-12/26. (S5) (S)(R)
7.55 **Everybody Loves Raymond** (S)(R)
8.55 **Bake Off: The Professionals** (S)(R)
10.00 **Sunday Brunch** New edition Manny Jacinto, Donna Preston, Katy B and Aston Merrygold. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.30 **Four in a Bed** The competition begins at Fountain Cottage in Northumberland. (S)(R)
3.00 From The Shuckburgh Arms in Stoke Doyle. (S)(R)
3.30 From Beachside Holidays in Great Yarmouth. (S)(R)
4.00 The final visit is to the Hatter's Hotel in Lincolnshire. (S)(R)
4.30 It's payment day. (S)(R)
5.00 **News** (S)
5.30 **Grand Designs** Zara and Giuliano build a malthouse-inspired home in the Lincolnshire Wolds. (S)(R)(AD)



10.00 The Veil

6 PM

6.30 **F1: Hungarian Grand Prix Highlights** Steve Jones presents action from today's 14th round of the season held at the Hungaroring. Oscar Piastri was victorious here last year, beating his McLaren teammate Lando Norris into second place, and the pair are competing for the Drivers' Championship this year as well as dominating the Constructors' Championship. Expert analysis comes from Billy Monger. (S)

9 PM

9.00 **NEW SERIES Celebrity SAS: Who Dares Wins** Rebecca Loos, Louie Spence and Conor Benn are among the 14 celebrities taking part. *See feature, page12.* (S)(AD)
■ Continues tomorrow

10 PM

10.00 **The Veil** New episode 3/6. Imogen tries to reunite Adilah with her daughter in Paris. (S1) (S)(AD)
■ Entire series on C4 Streaming
10.55 **8 Out of 10 Cats Does Countdown** Joe Wilkinson and Josh Widdicombe take on Rhod Gilbert and Thaniya Moore. (R)
12.00 M'T **FILM French Exit** Comedy drama starring Michelle Pfeiffer. (S) (2020, 15, 115min) ★★★
1.55 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.45 **The World Is Family** (S)(R)
4.30 **The Simpsons** (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

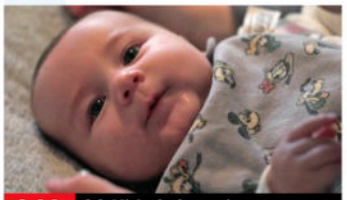
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.20 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
9.45 **Cruising with Jane McDonald**
11.40 **Susan Calman's Cruise of a Lifetime** Double bill. (S)(R)
1.35 PM **Malta: The Jewel of the Med** Double bill. (S)(R)
3.30 **Loch Lomond: A Year in the Wild** The impact of the seasons on wildlife in the national park, focusing on spring. (S)(R)
4.30 Summer developments at Loch Lomond and Trossachs National Park. (S)(R)
5.30 **When Holidays Go Horribly Wrong** A flight that took a turn when a passenger saw an engine falling apart. (S)(R)



8.00 22 Kids & Counting

6.55 **News** (S)

7.00 **Costco vs the Supermarkets: Who Does It Cheaper?** Documentary assessing the pros and cons of buying in bulk, and purchasing a Costco membership. (S)(R)

8.00 **22 Kids & Counting** New edition With his son wavering over his ambition to move to Australia, Noel Radford gives him the push he needs and offers to buy him a first-class ticket. (S)

9.00 **Rich Holiday, Poor Holiday** New edition Cash-strapped Kelly and Lewie share holidays with wealthy pals Jackie and Martine, with the four staying on a caravan park and at a hotel in Italy. (S)

10.00 **Killer at the Crime Scene** An investigation into the murders of Robert Ford and his son, Robbie, who were both found dead on their doorstep, shot in the head at point-blank range. (S)(R)

11.55 **Motorway Cops: Catching Britain's Speeders** (S)(R)
12.55 AM **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Attack on Pearl Harbor: Minute by Minute** (S)(R)
4.10 **Friends** 10/24. (S9) (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **The Pingu Show** (S)(R)
6.30 **Funny Talking Animals** (S)(R)
6.50 **The Brilliant World of Tom Gates** (S)(R)(AD)
7.05 **Monkey Life** (S)(R)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion.
10.00 **F1: Hungarian Grand Prix Qualifying Highlights** (R)
12.00 NOON **The Simpsons** (S)(R)
2.00 PM **Great Barrier Reef with David Attenborough** Unlocking the secrets of the natural wonder. (S)(R)
3.00 The shark-infested waters of Osprey Reef. (S)(R)
4.00 Examining what the future holds for the reef. (S)(R)
5.00 **F1: Hungarian Grand Prix Highlights** Action from the 14th round of the season. (R)

9.00 S.W.A.T

6.00 **Rob & Romesh vs Cricket: South Africa** Rob Beckett and Romesh Ranganathan go to Cape Town to see England play a Test match and party with the Barmy Army. (S)(R)(AD)

7.00 **Rob & Romesh vs Cricket: The Test** The concluding part of Rob Beckett and Romesh Ranganathan's trip to follow England on their Test tour of South Africa. (S)(R)(AD)

8.00 **Rob & Romesh vs Heavy Metal** Bleed from Within set out to educate the duo in the ways of the headbanger before a performance at Download festival. (S)(R)(AD)

9.00 **S.W.A.T.** New episode *Life:* 3/22. The squad face a hostage situation, only to be thrust into deeper danger when maximum-security prisoners are freed. (S8) (S)(R)(AD)

10.00 **Ricky Gervais: Animals** Performance film shot during the comedian's first stand-up tour, including excerpts from his show at the Bloomsbury Theatre in London alongside backstage footage. (S)(R)

11.30 **The Walking Dead: Dead City** 4/8. Maggie uncovers surprising information. (S2) (S)(R)
12.30 AM **And Just Like That...** 10/12. *Sex and the City* revival. (S3) (R)
1.30 **Road Wars** (S)(R)
2.00 **The Gilded Age** New episode 7/8. Larry shares a promising discovery with George. (S3) (R)
3.10 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
12.30am Sportscene: Premiership Highlights (S) (R) **1.45** Weather for the Week Ahead (S) **1.50-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
1.50pm The Super Squirrels (S)(R) **2.05** Escape to the Country (S)(R) **3.05-3.35** Wales on The One Show (S)(R) **4.55** Back in the Day (S) (R) **5.25-5.55** SOS: Extreme Rescues (S)(R) **10.30** Legends of Welsh Sport: Colin Jackson – Record Breaker (S)(R) **11.00** Destination X (S)(R)(AD) **1.00-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00pm Inis na nIontas (S)(R) **10.50** Barra on the Foyle (S)(R) **11.10-11.40pm** Rev (S)(R)(AD)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

As main ITV1 except:

WALES
5.35pm Coast & Country (S)(R) **5.55** Vanished Wales (S)(R) **6.05-6.30pm** NEW Backstage – Eisteddfod (S)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **9.00** Iolo: Natur Bregus Cymru (AD) **10.00** Eisteddfod Genedlaethol New edition **11.00** Eisteddfod Genedlaethol New edition **12.00noon** Eisteddfod Genedlaethol New edition **3.00pm** Eisteddfod Genedlaethol New edition **6.35** Newyddion a Chwaraeon **6.50** Pobol y Cwm Omnibws (AD) **8.00** Eisteddfod Genedlaethol New edition **9.30** Eisteddfod Genedlaethol New edition **10.30** Taith y Llewod **11.30pm-12.35am** Ysbyty

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM FILM **Spider-Man: Far From Home** Superhero adventure sequel starring Tom Holland, Jake Gyllenhaal, Zendaya and Samuel L Jackson. The webslinger's European vacation leads to a battle with elemental monsters from another dimension. (2019, 12, 129min) ★★★★
9.00 FILM **Spider-Man: No Way Home** Adventure sequel starring Tom Holland. With the web-slinger's identity now revealed to the world, Peter Parker asks Doctor Strange for magical help to undo the damage. However, a spell gone wrong unleashes dangerous foes from parallel universes on the world. (2021, 12, 148min) ★★★★
11.15 **People Just Do Nothing**
12.45 AM **Sky High Club: Scotland and Beyond**
1.45 **Paddy & Molly: Show No Mersey** Double bill.
2.45 **People Just Do Nothing**
3.45 **to 4.00** AM **Rocket Fuel**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **A Place in the Sun** Seven editions of the series.
3.35 PM **Come Dine with Me** The first of a week of dinner parties in Cambridge. **4.05** An employee benefits manager prepares an Italian-inspired menu. **4.40** TikToker Josh hosts the third night in Cambridge. **5.10** Mushroom farm manager Mark dishes up an authentic Indian banquet. **5.40** Wellness retreat host Nici prepares a Greek island-themed evening.
6.15 **Four in a Bed** From Fountains Court Holistic Health Hotel, Scarborough. **6.50** The contestants visit the Whittington & Cat in Hull. **7.20** A visit to the Saba Hotel in west London. **7.55** The owners of the Bower Inn in Bridgwater, Somerset play host. **8.25** The winner is revealed.
9.00 **999: On the Front Line** New edition On the night shift, paramedics are called to a man who claims to have taken amphetamines.
10.00 **24 Hours in A&E** An 80-year-old woman is admitted with a potential bleed on the brain.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **The Fairytale Castles of King Ludwig II with Dan Cruickshank** Documentary exploring the aesthetic styles associated with Ludwig II of Bavaria.
8.00 **Oscar Peterson: Words and Music** The Canadian pianist is joined by singer Ella Fitzgerald.
8.50 **In Concert: Oscar Peterson** A 1974 performance by the Oscar Peterson Trio at Ronnie Scott's Jazz Club in Soho.
9.20 **Omnibus: Oscar Peterson and André Previn** The jazz pianist and composer and the conductor look at some of the styles and personalities involved in the development of piano jazz.
10.25 **Oscar Peterson: Words and Music** With guests Joe Pass and Count Basie.
11.15 **Oscar Peterson: Jazz 625**
11.40 **Iris Williams in Concert**
12.30 AM **Omnibus** As 9.20pm.
1.40 **to 2.40** AM **The Fairytale Castles of King Ludwig II with Dan Cruickshank**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks Omnibus**
7.10 **Don't Tell the Bride**
8.10 **Ramsay's Kitchen Nightmares USA**
11.10 **The Big Bang Theory**
2.35 PM FILM **The Karate Kid** Martial arts family drama starring Jaden Smith, Jackie Chan and Taraji P Henson. (2010, PG, 140min) ★★★
5.20 **Lego Masters Australia** New edition The teams have ten hours to build a Lego fairy tale with a twist.
6.35 **The Simpsons** Double bill.
7.30 **The Simpsons** *Let's Go Fly a Coot:* With *Game of Thrones'* Carice van Houten. **8.00** *In the Name of the Grandfather:* Homer and Grampa visit Ireland. **8.30** *The Man from GRAMPA:* A British secret agent arrives in Springfield.
9.00 **Rick and Morty** Series finale 10/10. Beth keeps her family together. **9.30** 9/10. Summer and Rick dine out. (S8)
10.00 FILM **Hustlers** Comedy drama starring Jennifer Lopez and Constance Wu. Strip club employees band together to turn the tables on their Wall Street clients. (2019, 15, 110min) ★★★★
12.05 AM **Gogglebox**
1.05 **Below Deck Down Under**
3.40 **The Goldbergs**
4.30 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

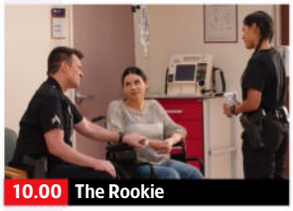
SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: Canada's Front Line**
7.30 **Caught Red Handed** Six editions, including at: **9.45** A man responsible for a crime wave in Preston. **10.30** A victim who came face to face with a burglar. **11.15** A light-fingered neighbour is caught stealing from a vulnerable pensioner.
12.00 NOON **Caught on Dashcam**
1.00 PM **Border Patrol** Double bill.
2.00 **Nothing to Declare** Ten editions of the documentary.


10.00 The Rookie

7 PM
7.00 **Nothing to Declare** Brisbane Airport is shut due to a bomb threat. **7.30** A man who calls himself the 'lonely rider'.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Matlock** *Rome, In a Day:* 2/19. Matty and her team defend a developmentally delayed teen accused of murder. (S1)

10 PM
10.00 **The Rookie** *The Kiss:* 9/18. The team mobilise to locate a suspect after a series of events affects one of their own. (S7)
11.00 **FBI: Most Wanted** (S4)
1.00 AM **FBI: International** (S3)
2.00 **Elsbeth** New episode 13/20. A wealthy real-estate developer is killed. (S2)
3.00 **The Good Doctor** 7/10. (S7)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Fish Town**
9.00 **Six Feet Under** 7-11/13. (S2)
2.30 PM **House of the Dragon** 4/8. Cole mounts a campaign in the Crownlands. **3.35** 5/8. Daemon tries to persuade the Brackens to bend the knee. **4.55** 6/8. Rhaenyra summons a knight for a risky venture. **6.15** 7/8. Daemon puts pressure on Oscar Tully to raise up his bannermen. (S2)

9.00 True Detective

7.35 **House of the Dragon** *The Queen Who Ever Was:* 8/8. As Aemond becomes more volatile, Larys plots an escape and Rhaenyra looks to press home her advantage. (S2)

9.00 **True Detective** *Down Will Come:* 4/8. Velcoro, Bezzerides and Woodrugh struggle to keep the case straight. (S2)

10.05 **The Wire** *The Target:* 1/13. Drama telling the story of a drugs-and-murder police investigation. Stars Dominic West. (S1)
11.20 **In Treatment** 1/35. (S2)
11.45 **Succession** 6&7/10. (S2)
2.05 AM **The Gilded Age** New episode 7/8. Larry shares a promising discovery with George. (S3)
3.15 **The Leftovers** 6/10. (S2)
4.15 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S9)
10.00 **NCIS: Los Angeles** (S13)
3.00 PM **Grimm** 3/13. Nick devises a plan to take Renard out of his element. **4.00** 4/13. Nick, Hank and Wu investigate a terrifying new Wesen terrorising a family. **5.00** 5/13. Monroe and Rosalee try to find out if Diana' premonition is true. **6.00** 6/13. A gruesome murder leads to a local hotel guest claiming to be haunted by a frightening creature. (S6)

9.00 S.W.A.T.

7.00 **Agatha Raisin** *A Spoonful of Poison:* 3/4. The judge of Carsley's jam-making competition dies after being poisoned by the winning entry and Agatha resolves to discover the identity of the culprit. (S4)

9.00 **S.W.A.T.** *Life:* 3/22. The squad face a prison hostage situation, but are soon thrust into even deeper danger. (S8)

10.00 **Freddie Down Under** 1/6. Andrew Flintoff and Rob Penn set off in their custom-made food truck on a barbecue adventure.
11.00 **The Walking Dead: Dead City** 4/8. Maggie uncovers surprising information. (S2)
12.00 M'T **Brassic** 3/8. A German man is looking for Tommo. **1.00** AM 4/8. Erin's dad dies and leaves her in debt. (S5)
2.00 **The Force: Manchester**
3.00 **Road Wars** Vehicle crime.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Buying the View**
8.10 **Dinner Date**
10.10 **Deal or No Deal**
12.15 PM **99 to Beat**
1.15 **Celebrity Catchphrase**
2.15 **FILM Rio 2** Animated comedy sequel with the voices of Jesse Eisenberg, Anne Hathaway and Jamie Foxx. (2014, U, 101 min) ★★★
4.20 **FILM Johnny English Strikes Again** Spy comedy starring Rowan Atkinson and Ben Miller. (2018, PG, 89min) ★★★

6.10 Batman v Superman...

6.10 **FILM Batman v Superman: Dawn of Justice** Action adventure starring Ben Affleck. The two superheroes' mutual distrust leads them into a battle to the death manipulated by an evil billionaire. (2016, 12, 164min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking romance compete in the hope of finding love.

10.00 **Love Island: Aftersun** Series finale Companion programme to the dating show, featuring the latest gossip from the villa.
11.05 **Family Guy** 18/18. Lois books a couple's vacation. **11.35** 14/18. Joe takes the guys on a road trip. (S13)
12.05 AM **American Dad!** (S12)
1.05 **The Stand Up Sketch Show**
2.05 **Buffering** 4/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Lewis** *The Indelible Stain.*
8.00 **FILM Carry On Dick** Carry On comedy starring Sid James. (1974, PG, 86min) ★★★
10.00 **Agatha Christie's Poirot** *Elephants Can Remember.*
11.50 **Foyle's War** *Casualties of War:* The body of a local man is found near a military centre.
1.55 PM **The Darling Buds of May**
4.05 **Agatha Christie's Marple** *Murder Is Easy:* A former policeman helps Miss Marple investigate a series of deaths in a peaceful village.

8.00 Doc Martin

6.10 **Midsomer Murders** *Blood Wedding:* The maid of honour is stabbed at a baron's wedding.

8.00 **Doc Martin** *Facta Non Verba:* 7/8. A new art teacher wants to try out some rather alternative ideas on the children.

9.00 **Doc Martin** *The Doctor Is Out:* 8/8. Annie Winton tries to coerce Martin into operating on her ailing husband Jim. (S7)

10.00 **Vera** *Prodigal Son:* The detective is brought in to investigate when a former Met police officer is stabbed to death.
12.00 M'T **Without Sin** 3/4. Maisy's secrets brings Stella closer to Cleo and to the truth. **1.00** AM 4/4. Stella learns the truth about her daughter. (S1)
2.00 **On the Buses**
2.30 **Teleshopping**
4.00 **to 4.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Grand Tours of Scotland's Lochs** Sailing through the Kyles of Bute to Loch Long.
7.30 **Sportscene: Premiership Highlights** Action from the opening round of fixtures.
8.45 **Sacked in the Morning** With former Scotland goalkeeper Alan Rough.
9.00 **Paramedics on Scene** A crew deal with an unco-operative patient who has overdosed.
10.00 **Still Game** 8/9. Navid tries to catch a fox. (S2)
10.30 **Scot Squad** 1/6. The team are joined by new recruits Megan Squire and Andrea McGill. (S4)
11.00 PM **to 12.00** M'T **Mayflies** 2/2. Anna declares she will not support Tully's assisted dying. (S1)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S1)
10.15 **Silicon Valley** (S6)
1.10 PM **Girls** (S2&3)
3.30 **Curb Your Enthusiasm**
6.30 **The Office (US)** 19/24. Nellie makes herself at home in Andy's office. **7.00** 20/24. Erin and Andy role-play his break-up from Jessica. **7.30** 21/24. Andy returns to Scranton to find that Nellie occupies the manager's position. **8.00** 22/24. Andy shows up at a fundraising auction for Robert Lipton. **8.30** 23/24. Robert shuts down the Binghamton branch. (S8)
9.00 **Veep** 9&10/10. (S2)
10.15 **Ricky Gervais Live: Animals** The comedian's first stand-up tour.
11.35 **And Just Like That...**
12.35 AM **Sex and the City**
1.45 **Entourage** (S2)
2.50 **Somebody Somewhere**
4.00 **to 5.00** AM **2 Dope Queens**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **An American in Paris: The Musical**
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Comedy Legends**
2.00 **Discovering**
3.00 **Opry Live**
4.00 **André Rieu: Live in Bahrain**
5.25 **Andrea Bocelli: The Journey**
7.25 **Paul McCartney and Wings: One Hand Clapping** Documentary filmed at Abbey Road Studios in 1974.
9.00 **Stuart Sutcliffe: The Lost Beatle**
10.20 **Agatha Christie Hour**
11.20 **Alfred Hitchcock Hour**
12.20 AM **David Gray: White Ladder – From Then 'Til Now**
1.50 **Paul Weller: May Love Travel with You**
2.50 **From the Artists Den**
4.00 **The Great Songwriters**
5.00 **to 6.00** AM **Discovering**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Let's Game**
8.25 **Play Your Pets Right**
8.40 **Silly Pets**
8.45 **Isadora Moon**
9.00 **Caught on Dashcam**
10.00 **Star Trek: The Next Generation** (S1)
3.00 PM **Nothing to Declare**
5.00 **Caught on Dashcam**
6.00 **Caught Red Handed**
7.20 **Caught Red Handed** A thief steals from a disabled pensioner.
8.00 **The Rookie** (S5)
10.00 **NCIS: Los Angeles** *Farewell to Arms:* 13/21. A mystery woman attacks the founder of an AI company. **11.00** *Shame:* 14/21. A petty officer is found dead with an apparent suicide note. (S14)
12.00 M'T **Caught on Dashcam**
1.00 AM **Send in the Dogs**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **In for a Penny** Double bill of the game show Stephen Mulhern.
3.00 **Tenable** Double bill of the game show hosted by Warwick Davis.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern, in which a contestant attempts to open the 22 red boxes in the right order for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the arcade-themed quiz show hosted by Ben Shephard in which contestants drop tokens down a choice of four chutes in the hope of winning up to £10,000.
12.00 M'T **In for a Penny**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Highway to Heaven**
12.00 NOON **Murder, She Wrote** Five episodes of the drama, including at: **3.00** PM *Menace, Anyone?* A tennis star's boyfriend is murdered. **4.00** *Murder, She Spoke:* A blind record producer is suspected of murder.
5.00 **FILM Star Trek: Generations** Adventure. (1994, PG, 118min) ★★★
7.30 **FILM Star Trek: First Contact** Fantasy. (1996, 12, 110min) ★★★★
9.55 **The New Avengers** *Target:* 6/13. Five secret agents are killed. **10.55** *To Catch a Rat:* 7/13. The trio chase the White Rat. (S1)
11.55 **The Avengers** (S6)
1.55 AM **Randall and Hopkirk (Deceased)**
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **Motorsport UK**
8.00 **World Superbike Highlights**
9.00 **English Football League Highlights** Recent action.
10.00 **Magnum, PI**
11.00 **Made in Britain**
11.30 **LIVE British Touring Car Championship** Oli Bell presents coverage of the 16th, 17th and 18th races of the season from Croft. With analysis from Tim Harvey.
6.25 PM **River Monsters**

10.10 Predator 2

7.00 **Junk and Disorderly** Henry Cole, Allen Millyard and Guy Willison look to sell well at Stratford Racecourse.

8.00 FILM **Rocky V** Drama sequel starring Sylvester Stallone and Talia Shire. Rocky Balboa returns to his roots in the slums of Philadelphia to train a hungry young fighter. (1990, PG, 104min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 FILM **Predator 2** Sci-fi action thriller sequel starring Danny Glover as a tough cop facing a ferocious alien in 1997 Los Angeles. With Maria Conchita Alonso. (1990, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.15 AM **Berlin Station** 2/10. (S1)
1.25 **BattleBots**
2.20 **The Protectors**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **Drone Wars** Action adventure with Corin Nemec. (2016, PG, 79min) ★★
1.00 PM **Stargate Atlantis** Five episodes, including at: **4.00** 18/20. An amnesiac soldier makes a discovery. **5.00** 19/20. The team are threatened by a volcano. (S2)
6.00 **Star Trek: The Next Generation** 18/26. Troi and Worf become romantically involved with each other. (S7)

6.00 Star Trek: The Next...

7.00 **Star Trek: The Next Generation** *Genesis:* 19/26. The *Enterprise* crew members have turned into prehistoric beings.

8.00 **Star Trek: The Next Generation** *Journey's End:* 20/26. Picard relocates a tribe of Native Americans to a new planet.

9.00 **Star Trek: The Next Generation** *First Born:* 21/26. A family friend teaches Worf's son about being a warrior.

10.00 **Star Trek: The Next Generation** *Bloodlines:* 22/26. A Ferengi plans revenge on Picard by killing his son. (S7)
11.00 **The Leftovers** 6/10. Nora attends a Departure-related conference in New York. **12.00** M'T 7/10. Kevin leads a search party when his father escapes from the hospital. **1.00** AM 8/10. Kevin fears he is losing touch with reality. (S1)
2.00 **The Leftovers** 9&10/10. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S17)
9.50 **Inspector Alleyn Mysteries**
12.00 NOON **Father Brown** Four episodes, including at: **3.00** PM *The Two Deaths of Hercule Flambeau:* The sleuth races to protect a crown that contains a nail from the crucifixion of Christ.
4.00 **Maisie Raine** 1/6. First episode of the police drama. **5.00** 2/6. An elderly man is viciously attacked. (S1)
6.00 **Bookish** 5/6. An army captain drinks a poisoned cocktail. (S1)

8.20 Death in Paradise

7.10 **Bookish** *Such Devoted Sisters – Part Two:* 6/6. As tension builds, the staff at the Walsingham Hotel rebel. Meanwhile, Book finds something curious in Captain Victor Orr's little black book. (S1)
8.20 **Death in Paradise** *Wish You Weren't Here:* 3/8. A TV presenter takes a midnight swim, only for her body to be washed up on the shore. **9.40** *Frappe Death Day:* 4/8. DI Mooney and the team investigate the fatal shooting of a coffee plantation owner. Guest stars Anna Chancellor. (S8)

11.00 **Shakespeare & Hathaway: Private Investigators** 9/10. Paranormal activity is reported in a pub. **12.00** M'T 10/10. Frank and Lu delve into the world of private tutoring. (S3)
1.00 AM **Father Brown**
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **The Fosters**
7.55 **Only Fools and Horses**
12.35 PM **Only Fools and Horses** Rodney finally ties the knot with Cassandra. **1.40** Del hears about a fancy-dress party across town. **3.00** Del-Boy goes eco-friendly and launches a bottled water business. **4.25** The brothers' finances hit an all-time low. **5.45** Christmas special from 2001. A dodgy deal sees the Trotters lose their millions.

9.20 Men Behaving Badly

7.20 **Dad's Army** Sergeant Wilson inherits a title following the death of an elderly relative.

8.00 **Red Dwarf** Lister comes down with a mutated strain of pneumonia. **8.35** Lister and the Cat are horrified when Rimmer duplicates himself.
9.20 **Men Behaving Badly** Gary ponders fatherhood when Dorothy tells him she wants to start a family.

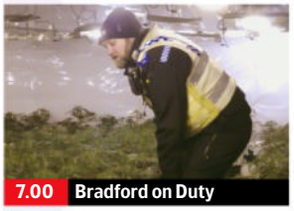
10.00 **Men Behaving Badly** Gary suspects Dorothy is having an affair and asks Tony to help him prove it.
10.40 **Not Going Out** Lee's dad turns up on the doorstep looking to stay for a while. Guest stars Bobby Ball.
11.20 **Men Behaving Badly**
12.40 AM **Not Going Out**
1.20 **I Didn't Know You Cared**
2.45 **Here We Go**
3.15 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gassed Up**
8.00 **American Pickers**
10.00 **The Boat That Guy Built**
11.00 **Top Gear** Double bill.
1.00 PM **Storage Hunters UK**
3.00 **Hairy Bikers' Best of British** The duo celebrate pork. **4.00** Britain's woodlands.
5.00 **The Lakes with Simon Reeve** The adventurer explores the rugged coast of Cumbria.
6.00 **Mediterranean with Simon Reeve** Simon begins his journey by visiting Malta, southern Italy and Albania.


7.00 Bradford on Duty

7.00 **Bradford on Duty** PCSO Tom and his new mentee Wojciech are called to dismantle a cannabis farm, which is taking over an abandoned mill.
8.20 **Would I Lie to You?** With Rhod Gilbert, Kelly Hoppen, Hal Cruttenden and Carol Vorderman.
9.00 **Have I Got a Bit More News for You** Professor Hannah Fry hosts the quiz show, with Phil Wang and Carol Vorderman.
10.00 **QI** With guests Jeremy Clarkson, Vic Reeves and Clive Anderson.
10.40 **Mock the Week** Dara O Briain presents a compilation show featuring unseen material.
11.20 **Mock the Week** With Matt Forde and Katherine Ryan.
12.00 M'T **Live at the Apollo**
1.00 AM **Schitt's Creek**
3.00 **to 4.00** AM **8 Out of 10 Cats Christmas Special**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **George Clarke's Amazing Spaces**
3.00 **George Clarke's Remarkable Renovations**
4.00 **A Place in the Sun**
8.00 **Supercruising: Life at Sea** The MS *Nieuw Statendam*'s crew prepares to set sail.
9.00 **Gogglebox** *The Great British Bake Off, Asia* and *Boybands Forever* are assessed. **10.05** Opinions on *The Day of the Jackal* and *University Challenge*.
11.05 FILM **xXx** Thriller starring Vin Diesel. (2002, 12, 124min) ★★
1.30 AM FILM **Stand by Me** Nostalgic drama starring Wil Wheaton. (1986, 15, 89min) ★★★★★
3.15 **George Clarke's Remarkable Renovations**
4.20 **to 4.50** AM **Four in a Bed**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S6)
1.00 PM **NCIS** Eight episodes of the drama, including at: **6.00** *Once Upon a Tim:* 14/24. A murder case obliges McGee to visit his former high school. **7.00** *Crossing the Line:* 15/24. The team investigate a man overboard fatality. **8.00** *Bears and Cubs:* 16/24. Jimmy's father-in-law asks him to tamper with evidence. (S16)
9.00 **NCIS: Hawaii** *Bread Crumbs:* 18/22. Tennant interrogates a suspect during his helicopter transfer. (S2)
10.00 **Law & Order: Special Victims Unit** (S16)
12.00 M'T **The Resident** (S3)
1.55 AM **Criminal Minds: Evolution** 2/22. (S16)
2.55 **Criminal Minds** (S10)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends**
10.00 **Nightmare Tenants, Slum Landlords**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** A chase leads officers on night-time pursuit. **6.00** Officers search an estate for suspects involved in a shooting. **7.00** Officers pursue a driver who flees the scene of a road accident. **8.00** Dog handler Duncan attends a midnight stand-off.
9.00 **999: Emergency Call Out** Documentary.
10.00 **Surgeons: A Matter of Life or Death**
11.00 **Trauma Room One**
12.00 M'T **Making a Serial Killer** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Prodigal Son**
3.35 **to 4.00** AM **Highway Patrol**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Red Bull Soapbox Race**
10.15 **Ice Road Truckers**
12.15 PM **Outback Truckers**
1.15 **Trucking Heavy: Massive Moves**
2.20 FILM **Stagecoach Express** Western. (1942, PG, 57min) ★★
3.25 FILM **Red River Range** B-Western. (1938, b/w, U, 56min) ★★
4.25 FILM **Walk the Proud Land** Western starring Audie Murphy. (1956, U, 88min) ★★★
6.15 FILM **Bite the Bullet** Western starring Gene Hackman. (1975, PG, 131min) ★★★★
9.00 FILM **Seraphim Falls** Western starring Pierce Brosnan. (2006, 15, 111min) ★★★★
11.10 **World's Deadliest Weather: Caught on Camera** Four editions.
3.30 AM **Motorway Patrol**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Tipping Point**
11.00 **Inside the Vets**
1.00 PM **Inside the Vets** Six editions, including at: **5.00** A puppy needs emergency surgery. **6.00** The staff tries to save a 104-year-old tortoise's eyesight.
7.00 **Inside the Ambulance** Paramedics treat a man whose flat has filled up with toxic smoke. **8.00** A hospital patient is found in the streets, and a man suffers breathing difficulties.
9.00 **Inside the Operating Theatre** A man has his badly broken nose reset. **10.00** A man is having his gall bladder removed.
11.00 **Deadly Waters with Captain Lee** Double bill.
1.00 AM **Changing Rooms Australia** DIY series.
2.20 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
12.20 PM **The Marlow Murder Club**
3.20 **Catherine Cookson's The Moth**
6.40 **Upstairs Downstairs**
8.00 **Sister Boniface Mysteries** *Song for the Dead:* 6/10. A member of a band is found dead from a bee sting. (S1)
9.00 **Silent Witness** *Home:* While Nikki travels to her childhood home, Harry and Leo try to reverse the deportation of a Zimbabwean asylum-seeker from the UK.
11.15 **Whitstable Pearl** *Death, the Devil and the Fool:* A young girl goes missing at the Whitstable Psychic Fair.
12.15 AM **The Chelsea Detective** Double bill.
2.10 **Hamish Macbeth**
3.00 **to 4.00** AM **The Count of Monte Cristo**

+1 hr 243 316 60 260

Sunday

Really

142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** Sherrie Hewson.
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 **A Place in the Sun**
7.00 **Long Lost Family** Featuring a woman separated from her Italian mother, and a transgender searcher. **8.00** Cases include a family torn apart by the birth of a war time baby.
9.00 **Dr Pimple Popper** Jaclyn has a lump on the back of her head that causes her distress.
10.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 159 139 48 142 43

7.00 AM **The Bidding Room**
9.00 **Tenable** Double bill.
11.00 **Play Your Cards Right**
12.00 NOON **Pointless Celebrities** Featuring Kate Williams, Adam Hart-Davis, Janina Ramirez and Lars Tharp.
1.00 PM **Through the Keyhole** Double bill.
2.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
4.00 **Tenable** Double bill.
6.00 **The Chase Celebrity Special** With Michelle Hardwick, Nigel Havers, Melinda Messenger and Dave Gorman.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With Paul Young, Jade Jones, Arthur Smith and Aljaz Skorjanec.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.10 AM **FILM Hell River** Wartime drama. (1974, PG, 99min) ★★
10.35 **Wanted: Dead or Alive**
12.35 PM **FILM Between Heaven and Hell** Psychological drama. (1956, PG, 94min) ★★
2.40 **FILM The Indian Fighter** Western. (1955, PG, 88min) ★★★
4.40 **FILM The Way West** Western adventure starring Kirk Douglas. (1967, PG, 122min) ★★
7.15 **FILM 7th Cavalry** Western with Randolph Scott and Barbara Hale. (1956, U, 77min) ★★★
9.00 **FILM The Duel** Western with Liam Hemsworth. (2016, 15, 110min) ★★
11.20 **FILM Bunraku** Fantasy. (2010, 15, 119min) ★★★
1.55 AM **FILM Apocalypse of Ice** Disaster epic. (2020, PG, 88min) ★★
3.50 **to 5.00** AM **Cops Uncut**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7**
9.00 **FILM The Ex Next Door**
11.00 **FILM Murder by Text: Garage Sale Mystery** Drama. (2017, PG) ★★
1.00 PM **FILM Garage Sale Mysteries: Murder Most Medieval** Thriller. (2017, PG, 90min) ★★
3.00 **FILM The Gourmet Detective** (2015) ★★
4.55 **FILM The Gourmet Detective: A Healthy Place to Die** Comedy sequel. (2015, PG) ★★
6.50 **FILM Reflections** Thriller. (2008, 15, 94min) ★★
9.00 **FILM Garage Sale Mystery: Picture a Murder** (2018, PG) ★★
10.55 **FILM Deadly Honeymoon** (2010) ★★
12.55 AM **FILM Dangerous Company** (2015, PG) ★
2.50 **Coast Guard Alaska**
4.00 **to 6.00** AM **FILM Two Wrongs** (2015, PG) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Love on the Sidelines** Comedy. (2016, PG, 86min) ★★
10.05 **FILM Unleashing Mr Darcy** (2016, PG) ★★
12.00 NOON **FILM Love to the Rescue** Drama. (2019, PG, 84min) ★★
1.55 PM **FILM The Soulmate Search** Romantic drama. (2024, PG, 89min) ★★
3.55 **FILM Let Love Grow** Romantic drama. (2023, U, 90min) ★★
5.55 **FILM Lead with Your Heart** Romantic drama. (2015, PG, 83min) ★★
8.00 **FILM Just One Kiss** Romantic comedy. (2022, PG, 85min) ★★
9.55 **FILM Just the Way You Are** Romantic comedy. (2015, PG, 110min) ★★
11.50 **FILM The Best Version of Love** (2023, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Soulmate Search**

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Lucky Feller**
10.00 **Carry On Laughing**
11.30 **Jokers Wild**
12.00 NOON **FILM Up in the World** (1956, U) ★★★
1.50 PM **Rewind & Remember Bitesize**
2.00 **In Loving Memory**
3.00 **Secrets of the Coast**
3.30 **Tracing the Rails**
4.00 **Jack Hargreaves' Old Country**
4.30 **Walking Westward**
5.00 **In Loving Memory** (S3)
5.30 **Jokers Wild**
6.00 **Mapp and Lucia** (S2)
7.00 **The Fantastic Journey**
8.00 **Please Sir!** 2/7. (S1)
8.50 **Rewind & Remember**
9.00 **The Strange World of Gurney Slade**
9.30 **Dark Skies** 8&7/20. (S1)
11.30 **Police Woman** (S1)
12.30 AM **Please Sir!** (S1)
1.20 **FILM Up in the World**
3.10 **Auto Rewind**
3.25 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Bad Chad Customs**
6.00 **Red Devil Racers: Rich Man's Sleeper**
7.00 **Expedition Bigfoot** The team investigate a strange tree structure. **8.00** A cave that could be Bigfoot's lair.
9.00 **Alien Encounters: Fact or Fiction** A farmer thinks he saw a UFO. **10.00** A woman finds an implant in her body.
11.00 **Expedition X** A half-man, half-beast in Wisconsin. **12.00** M'T Josh, Jess and Phil are looking for a werewolf-like creature. **1.00** AM A supersonic craft flying above the waters off California's Catalina Island.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
12.00 NOON **Jamie's Easy Meals for Every Day**
1.00 PM **James Martin's Favourite Feasts**
3.00 **The Great British Bake Off** The amateur cooks tackle three desserts. **4.00** Contestants face three pie challenges. **5.00** The contestants try to make puddings. **6.00** A trio of sweet dough challenges. **7.00** The quarter-finalists tackle biscuit-based challenges. **8.00** The semi-finalists tackle classic patisserie confections. **9.00** The top three compete in the final.
10.00 **Hairy Bikers' Mississippi Adventure**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Walker, Texas Ranger: Trial by Fire** Action drama spin-off. (2005, 12, 90min) ★★
9.00 **The Fall Guy** (S2)
2.00 PM **FILM Sitting Bull** Western drama. (1954, U, 106min) ★★
4.15 **FILM Angel and the Bad Man** Western. (2009, PG, 95min) ★★
6.05 **FILM The Gambler, the Girl and the Gunslinger** Western comedy. (2009, PG, 95min) ★★★
8.00 **The Twilight Zone** (S1)
9.00 **FILM Bullet to the Head** Action thriller with Sylvester Stallone. (2012, 15, 89min) ★★★
10.55 **FILM Ambushed** Thriller starring Dolph Lundgren. (2013, 15, 92min) ★★
12.50 AM **FILM The Power of One** Coming-of-age drama. (1991, 15) ★★
3.20 **to 5.00** AM **FILM Deadsight** Horror thriller. (2018, 15, 81min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
8.00 **FILM Coast of Skeletons** Action adventure sequel. (1964, U, 90min) ★★
10.00 **FILM Monster Hunters** Sci-fi action thriller. (2020, 15, 88min) ★
12.00 NOON **FILM Super Cyclone** Disaster movie starring Ming-Na Wen. (2012, 12, 90min) ★
2.00 PM **FILM Moby Dick** Action adventure starring Barry Bostwick. (2010, 12, 87min) ★★
4.00 **The A-Team** (S4)
9.00 **FILM The Killers** Thriller starring Lee Marvin and Ronald Reagan. (1964, 15, 95min) ★★★★
10.55 **FILM Interview with a Hitman** Action thriller starring Luke Goss. (2012, 18, 95min) ★★
1.00 **to 3.00** AM **FILM The Killers** As 9.00pm.

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Auction Hunters**
8.00 **Junk and Disorderly**
10.00 **UFO Hunters**
12.00 NOON **UFOs: The Lost Evidence** Double bill.
2.00 PM **Alien Disclosure Files** Ten editions.
7.00 **Cities of the Underworld**
8.00 **Secret Societies: In the Shadows** The story of the Knights Templar.
9.00 **Forbidden History** The quest to find the tomb of Mary Magdalene.
10.00 **Egypt's Unexplained Files** A look at the dark side of Ancient Egypt. **11.00** The truth and lies behind ancient Egypt's best known icons.
12.00 M'T **Close Encounters Down Under**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Paranormal Survivor**
3.00 **Haunted Hospitals**
4.00 **to 6.00** AM **Flipping Bangers**

5SELECT

153 166 138 46 133 30

9.00 AM **All Creatures Great and Small** Triple bill.
12.00 NOON **Columbo** Five episodes, including at: **7.00** PM *Strange Bedfellows:* The sleuth receives help from a gangland enforcer while investigating the death of a Mob bookie.
9.00 **FILM The Likely Lads** Comedy starring Rodney Bewes and James Bolam. Bob and Terry go on a hectic holiday tour of the north of England. (1976, PG, 90min) ★★
10.55 **TV's 30 Most Controversial Moments** The British TV programmes that attracted the highest number of complaints.
12.55 AM **Nazi Megastructures**
1.55 **Alcatraz: What Lies Beneath?** Documentary.
2.55 **Drain the Oceans**
3.45 **to 4.00** AM **Britain's Greatest Bridges**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Escape to the Country**
1.00 PM **Escape to the Country** Sonali Shah is on the Dorset coast with a couple hoping to find inspiration. **2.00** A couple search for an idyllic rural home.
3.00 **Escape to the Country**
6.00 **Mini Reni** Joanna Gaines transforms the Seed and Supply building at the Silos into a flower art workshop and crafting space. **6.30** Joanna updates an entry foyer and dining room with an elegant take on the homeowners' Southwestern style.
7.00 **A Place in the Sun** Six editions of the series offering advice on buying a second home abroad.
1.00 **to 4.00** AM **Bargain Mansions**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Sister Wives**
7.00 **Good Bones**
8.00 **Sister Wives** Kody and Robyn's family travel to Wyoming.
9.00 **Jay & Pamela** Jay is out of the hospital.
10.00 **My Strange Addiction: Still Addicted?**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Medical series.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Sister Wives**
3.00 **Body Bizarre**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Friends** 11-22/24. (S4)
3.00 PM **FILM Daddy Day Care** Comedy. (2003, PG, 92min) ★★★
4.50 **Friends** (S4&5)
8.00 **Friends** 5/24. Joey discovers Chandler's secret romance. **8.30** 6/24. Emily asks Ross to move away. (S5)
9.00 **FILM Bad Neighbours 2** Comedy sequel with Seth Rogen and Zac Efron. (2016, 15, 90min) ★★
10.45 **Stupid Central**
11.45 **MTV Cribs: Comedians Specials** With Tom Allen.
12.15 AM **Kevin Bridges: A Whole Different Story**
1.15 **Whose Line Is It Anyway? USA**
2.15 **South Park** (S12)
3.15 **Beavis and Butt-Head**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S3)
7.00 **Teleshopping**
9.00 **Everybody Loves Raymond** (S3&4)
3.00 PM **Whose Line Is It Anyway? USA**
7.00 **Friends** 20/24. Chandler reaches the end of his tether over Joey's snoring. **7.30** 21/24. Ross and Rachel reminisce. **8.00** 22/24. Joey loses Ross's wedding ring. **8.30** 23/24. Ross sets off for England to marry Emily. (S4) **9.00** 6/24. Monica struggles to choose a maid of honour. **9.30** 7/24. Janice gets a wedding invitation. (S7)
10.00 **Friends** (S7&8)
2.00 AM **Impractical Jokers**
3.00 **The Daily Show**
4.50 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **Border Patrol**
11.00 **Nothing to Declare**
1.00 PM **Bull** 6/22. A midwife is accused of practising without a licence. **2.00** 7/22. The TAC team's efforts to assist Bull are thwarted. **3.00** 8/22. An assistant is charged with providing a star client lethal drugs. **4.00** 9/22. Bull helps a grieving mother sue the developers of a computer program. **5.00** 10/22. Chunk and Bull aim to prove that their client committed a crime. (S6)
6.00 **Highway Patrol**
9.00 **Border Security: America's Front Line**
10.00 **The Russell Howard Hour** Double bill.
12.00 M'T **A League of Their Own** Triple bill.
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
11.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The Dramatic** Reality series.
2.00 **Catfish: The TV Show**
7.00 **Catfish: Catch of the Day** Paris enlists Nev and Max to help her figure out who has been catfishing her.
8.00 **Catfish: The TV Show** Nev and Kamie receive an anonymous email from a whistleblower.
9.00 **Badass Brides**
10.00 **Ink Master: OGs vs Young Guns**
11.00 **Jersey Shore Family Vacation** Reality series.
12.00 M'T **The Challenge: Vets & New Threats**
1.00 AM **Caught in the Act: Unfaithful** Reality series.
2.00 **I Used to Be Fat**
2.45 **Catfish: The TV Show**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Building Off the Grid** Six editions, including at: **2.00** PM A couple set out to build a treehouse in Maryland. **3.00** Builders construct a family adobe dome home on a mountain range in California. **4.00** A family build a three-storey tiny house. **5.00** A family build their dream home overlooking the Atlantic Ocean.
6.00 **Filthy Fortunes** In New England, the team tackle the largest hoard they've seen.

9.00 **Great White Assassins**

7.00 **Alaska: Homestead Rescue** The Raneys scramble to ready their 40-acre homestead for winter, while Marty helps a fellow Alaskan who has lost access to his riverside homestead.

9.00 **NEW Great White Assassins** Alison Towner and Dickie Chivell investigate how killer whales hunt great whites.

10.00 **NEW Black Mako of the Abyss** A group of experts lure a dark-skinned shark up from the abyss to determine if it's a mako.

11.00 **Roadworthy Rescues** Part one of two. Derek revives a 1971 International Travelall.
12.00 M'T **Alaskan Bush People** Bear and the siblings throw caution to the wind.
1.00 AM **Alaskan Bush People**
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Animal Cribs**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Animal Cribs** Antonio builds a barn for two mini horses that currently sleep in the house. **4.00** A family's two Nigerian dwarf goats wreak havoc in their backyard.
5.00 **Treehouse Masters** A couple seek meditation space.
6.00 **Bad Dog!** A cat that rides a skateboard to the beach.

9.00 **The Zoo**

7.00 **How Do Animals Do That?** Facts about eagles, squirrels and insects. **7.30** Why pandas are black and white.

8.00 **Nature's Strangest Mysteries: Solved** How a bird can sing. **8.30** A look at why the fish crossed the road.

9.00 **The Zoo** An alligator shows signs of being pregnant, and staff release New England cottontail rabbits into the wild.

10.00 **Tanked** A bar in Florida requests a pub-themed aquarium, while a jerky store in Las Vegas wants a butcher-block tank.

11.00 **Alaska: The Last Frontier** Otto, Jane and Shane transport a cabin to Perl Island.
12.00 M'T **Fish or Die**
1.00 AM **Saved by the Barn**
2.00 **Alaskan Bush People**
3.00 **Nature's Strangest Mysteries: Solved**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
9.00 **Colossal Machines**
11.00 **Megafactories** Documentary.
12.00 NOON **Car S.O.S** Triple bill.
3.00 PM **Secret Nazi Science** Nazi scientists' research into securing weather data.
4.00 **Hitler Youth** 1/2. The story of the Nazi youth organisation. **5.00** 2/2. A look at the expansion of the organisation in the build-up to war.
6.00 **Drain the Oceans: Deep Dive** Uncovering sea mines left abandoned under the waves.

8.00 **Lost Ships of WW2**

7.00 **Back to the Titanic** Using a specially equipped sub to scan the wreckage and gain a fuller picture of the disaster.

8.00 **Lost Ships of WW2** New edition The Petrel team embark on a search for the aircraft carrier USS *Hornet*.

9.00 **NEW SERIES Naming the Dead** Serial killer Larry Eyler confessed to 20 plus murders, and DNA helps to ID a victim.

9.55 **Destruction Decoded** The 10 worst crashes in motorsport history explored through CGI reconstructions.

10.55 **To Catch a Smuggler**
11.25 **To Catch a Smuggler** New edition CBP Nogales catches an internal body carrier.
11.55 **Inside Airport Lost & Found**
12.55 AM **Air Crash Investigation**
2.55 **Food Factory** Double bill.
3.45 **Made in a Day**
4.35 **to 5.00** AM **Bid & Destroy**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Cursed Treasures**
7.00 **Pawn Stars** Six editions.
10.00 **Secrets of the Lost Liners**
2.00 PM **Storage Wars** Six editions of the series, including at: **4.30** Ivy has a successful time at Montebello.
5.00 **Digging Up Britain's Past** Helen Skelton and Alex Langlands investigate the Pendle Witch trials of 1612.
6.00 **Digging Up Britain's Past: Henry VIII's Lost Palace** Helen Skelton and Alex Langlands join a dig at Elsyng Palace.

9.00 **The Guilty Innocent**

7.00 **Viking Dead** A trip to the Viking Ship Museum in Roskilde, Denmark, to observe the remains of a fleet of Viking boats.

8.00 **Viking Dead** Investigating the discovery of a mass grave, and determining whether the bodies are the remains of Vikings.

9.00 **The Guilty Innocent with Christopher Eccleston** The case of the three-time convicted robber George Davis.

10.00 **The Guilty Innocent with Christopher Eccleston** The twists-and-turns of the case of James Hanratty.

11.00 **Secrets Declassified with David Duchovny** The presenter recovers declassified files that reveal NASA's secret moon nuke plan.
12.00 M'T **The UnBelievable with Dan Aykroyd** A Soviet pilot who evaded capture by stealing the enemy's plane.
1.00 AM **Storage Wars**
4.00 **to 6.00** AM **Ancient Aliens**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Antiques Roadshow**
11.00 **Bangers & Cash: Restoring Classics** A bargain Porsche.
12.00 NOON **Bangers & Cash**
1.00 PM **Warbird Workshop**
3.00 **The World at War** The story of Operation Barbarossa. **4.00** Bomber Command is unable to hit its targets.
5.00 **Secret Nazi Bases** An island fortress becomes the stage for an act of Nazi defiance. **6.00** A sprawling Nazi complex becomes the nerve centre of Hitler's empire.

5.00 **Secret Nazi Bases**

7.00 **Operation Arctic** A look at the lives of polar bears and exploring the impact environmental changes are having on them.

8.00 **Classic Car Kings** Irv imports an original-run short wheelbase Porsche 911 from the east coast of America.

9.00 **Bangers & Cash** Derek picks up a 1960 Aston Martin DB4 that has been sitting in a collapsed garage for 40 years.

10.00 **Bangers & Cash** Up for sale at the Mathewson's auction – a 1275 Mini GT that has come from just down the road.

11.00 **Bangers & Cash** Derek goes to pick up a 1904 Swift, and there's an emotional farewell to a 1980s Bedford HA van. **12.00** M'T Derek gives the once-over to a Royale Formula Ford race car, and Paul goes on a marathon trip.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Sunday

Quest

144 149 137 12 144 17

6.00 AM **Massive Engineering Mistakes**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Johnny Vegas' Little Shop of Antiques**
8.00 **Salvage Hunters** Drew and Viki buy from new business ventures.
9.00 **The Repair Shop** Restoring a stuffed toy lion, a cash register and a traditional telescope. **10.00** Items include a historic painting, a Beatles souvenir and a stained-glass window.
11.00 **The Repair Shop**
1.00 AM **Massive Engineering Mistakes**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes to the Vegas Dress** Reality series.
8.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Curvy Brides Boutique**
12.00 NOON **FBI Files**
3.00 PM **Crimes Gone Viral**
5.00 **Murder on CCTV** Four editions, including at: **7.00** Pasco detectives use CCTV to track down a killer in 2017. **8.00** Joshua Webb is shot in West Virginia.
9.00 **A Killer's Mistake** The case of Thomas Dunkley.
10.00 **A Killer's Mistake**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** April Millsap.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
12.00 NOON **Judge Judy**
6.05 PM **Storm of Suspicion**
7.00 **Bloodline Detectives** Solving the murder of a great-grandma in Utah. **8.00** Forensic investigative genetic genealogy solves a couple's double murder.
9.00 **The Killer You Know** When neighbourhood feuds turn deadly, investigators find years-long arguments. **10.00** Police assume Linda Culbertson is a victim of the crime she reports.
11.00 **48 Hours** A police officer reports that his wife took her own life. **12.00** M'T Masked gunmen break into a bank manager's home.
1.00 AM **48 Hours**
2.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Five editions.
2.00 PM **Medical Detectives** The disappearance of a young dancer. **2.30** The poisoning of Phillip Rouss Jr. **3.00** The disappearance of a six-year-old girl. **3.30** How investigators managed to lift a handprint from the body of a murder victim using superglue fumes. **4.00** The disappearance of a mail-order bride. **4.30** The brutal murder of an elderly couple.
5.00 **New Scotland Yard Files** Examining the case surrounding the death of Geeta Aulakh.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Donal MacIntyre's Released to Kill**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Law & Disorder** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **How I Caught the Killer** True-crime.
1.00 PM **The Real Manhunter**
2.00 **World's Most Evil Killers**
3.00 **Murder Uncut**
4.00 **Catching the Killer**
5.00 **Britain's Most Evil Killers**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Murder Uncut**
9.00 **Kemper on Kemper: Inside the Mind of a Serial Killer**
10.45 **Catching the Killer**
11.50 **Killer in My Village**
12.55 AM **Murder Uncut**
1.55 **Murders That Shocked the Nation**
3.00 **Love You to Death**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Hidden Letters**
9.35 **Ancient Apocalypse**
1.00 PM **Hidden Letters**
2.20 **Lincoln: Divided We Stand** Six editions of the series, including at: **5.10** Lincoln battles with his own mental health. **6.05** Chronicling Lincoln's evolution on the issues of slavery. **7.00** After Lincoln's murder, a manhunt for his killer is on as his wife and country unravel.
7.55 **Shackleton: The Greatest Story of Survival** Telling the story of the polar explorer.
10.00 **Everest: The South West Face** A look at the 1975 expedition to climb the South West face of Mt Everest.
11.15 **America the Bountiful**
12.00 M'T **to 2.00** AM **Shackleton: The Greatest Story of Survival** As 7.55pm.

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Harrison Ford**
7.00 **Discovering: Meryl Streep**
8.00 **The Directors** Nora Ephron.
10.00 **Lancaster** The story of the legendary bomber synonymous with the Dambusters.
12.00 NOON **Hill** Documentary profile of ex-Formula One driver Damon Hill.
1.50 PM **My Icon: Pam Cookey**
2.00 **Schmeichel** Profile of the former Manchester United goalkeeper Peter Schmeichel.
4.00 **Stevie Van Zandt: Disciple**
6.50 **Tina** A celebration of Tina Turner's life and career.
9.00 **Billy Joel: And So It Goes** Series finale 2/2. A look at the singer-songwriter's life and career, featuring interviews, performances, home movies and personal photographs.
12.00 M'T **Fatboy Slim: Right Here, Right Now** Documentary about the Big Beach Boutique II free event in 2002.
1.50 AM **The Apollo**
3.50 **My Icon: Kadeena Cox**
4.00 **to 6.00** AM **Queen of Speed**

Crime+Investigation

156 142 133

6.00 AM **Robbie Coltrane's Critical Evidence** Double bill.
8.00 **Crimes That Shook Britain**
10.00 **Murdertown** Rachel Manning.
11.00 **Nightmare in Suburbia**
1.00 PM **Cops Who Kill with Will Mellor** Stephanie Lazarus.
2.00 **Cops Gone Bad with Will Mellor** Rodney Whitchelo.
3.00 **Last Night Out**
7.00 **When Missing Turns to Murder** A lie alerts a woman's family to her whereabouts.
8.00 **The Real Murders of Atlanta** A cryptic note leads police to a surprising killer.
9.00 NEW **Bodies in the Barrels** How Australia's worst ever serial killers were put behind bars.
10.00 **Cold Case Files: DNA Speaks**
11.00 **Last Night Out**
12.00 M'T **Secrets of the Bunny Ranch** Documentary.
1.00 AM **Secrets of the Hells Angels**
2.00 **Last Night Out**
3.00 **Bodies in the Barrels**
4.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

U&Eden

166 134/162 176 57 160 151

9.00 AM **Africa from Above**
1.00 PM **Africa from Above** Back-to-back editions of the documentary, including at: **7.00** The 'Pearl of Africa' is filled with rich biodiversity, where spectacular landscapes include the glacier-tipped Rwenzori mountains, ancient rainforests and crater lakes. **8.00** Morocco is the gateway to Africa, and this epic adventure explores the Mediterranean coastline. **9.00** A fresh perspective of the continent, taking viewers on a spectacular aerial adventure. **10.00** Explore the Kenyan Highlands and head across the country's vast savannahs. **11.00** The route of the Volta River can be traced from the Sahel savannahs of the North, through cocoa-laden hills, and across the biggest man-made lake in Africa.
12.00 M'T **to 6.00** AM **Africa from Above**

+1hour 266 376

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Wild Dogs: Running with the Pack** Six editions.
9.00 **America's Wild Border: Northern Exposure**
11.00 **Extreme Snakes: Australia**
12.00 NOON **Colombia's Wild Coast**
2.00 PM **Great Barrier Reef with David Attenborough**
5.00 **Africa's Wild Roommates: How Animals Share Bed and Board**
6.00 **David Attenborough's Dragons and Damsels**
7.00 **Attenborough at 90: Behind the Lens** Documentary.
8.00 **David Attenborough's Rise of Animals: Triumph of the Vertebrates** Exploring the evolution of vertebrates. **9.00** How mammals came to dominate the natural world.
10.00 **Whale with Steve Backshall** Whales that face the longest migratory journeys. **11.00** Steve meets people striving to give whales and dolphins a safe future.
12.00 M'T **Extreme Snakes: Australia**
1.00 AM **Patrick Aryee's Wild World**
3.00 **to 6.00** AM **Vet Adventures**

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Wild India**
11.00 **Savage Kingdom: Uprising**
1.00 PM **Amur Tiger: Secret Kingdom** The secrets of how tigers function and communicate.
2.00 **Malika the Lion Queen**
4.00 **Secrets of the Zoo: Tampa**
6.00 **Heartland Docs** New edition The vets treat a hawk with a life-threatening injury.
7.00 **Wild India** David Attenborough visits the Marusthali.
8.00 **Investigation Shark Attack** New edition Examining the reasons for increasing population of great white sharks off the coast of California.
9.00 **Sharks Up Close with Bertie Gregory** The wildlife film-maker records great white sharks.
10.00 **Legend of the Giant Squid** David Attenborough narrates a look at the ocean giants thriving in Antarctica.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

ID

154 141 166

8.00 AM **I'd Kill for You**
10.00 **Til Death Do Us Part**
11.00 **Love, Honor, Betray**
12.00 NOON **On the Case with Paula Zahn** Double bill.
2.00 PM **Homicide City: Charlotte**
4.00 **Swamp Murders**
6.00 **The Killer Beside Me** How a good deed led to the destruction of a woman's family. **7.00** A callous conspiracy of greed that led to murder.
8.00 **Disappeared** Steven Koecher.
9.00 **Signs of a Psychopath** Police find a 17-year-old female's body in a ditch with gunshot wounds. **9.30** A New Hampshire town reels after police arrest four teenagers for murder. **10.00** A man confesses to a gruesome murder. **10.30** A man from New Jersey confesses to multiple crimes.
11.00 **Born Evil: The Serial Killer & the Saviour** Documentary.
12.00 M'T **The Lake Erie Murders**
2.00 AM **The Murder Tapes**
4.00 **to 6.00** AM **Killer Unknown**

+1hour 254 366

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Ancient Skies**
10.00 **Secrets in the Sand**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Alien Files Reopened**
2.00 **Secrets in the Ice**
3.00 **Secret Wars Uncovered**
4.00 **Greatest Prison Escapes with Billy Hayes** The Texas Seven.
5.00 **What on Earth?**
6.00 **Queens of Ancient Egypt**
7.00 **What on Earth?** Exploring a prehistoric ghost in Ireland.
8.00 **Conspiracy Files: Unsealed** The US government's secret and highly fortified areas. **8.30** A look into whether the human race could survive a cataclysmic event.
9.00 **The Nostradamus Effect** The suggestion that Adolf Hitler was the third antichrist predicted by Nostradamus.
10.00 **Cursed Histories**
11.00 **Close Encounters**
12.00 M'T **Ancient Aliens**
3.00 AM **Strangest Things**
4.00 **Haunted Hospitals**
5.00 **to 6.00** AM **Cursed Histories**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Lost Mines: Restored**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides**
6.00 **Blowing Up History** Experts use drone technology to explore the tunnels hidden below an Egyptian pyramid. **7.00** Experts solve the mysteries of the towering Mount Nemrut in Turkey. **8.00** Examining the ancient city of Persepolis.
9.00 **Salvage Hunters: The Restorers** Mechanic Bo uncovers a hidden past in a giant railway station clock. **10.00** Lighting expert Jolene fixes a badly worn down 19th-century police station lamp. Plus, wood worker Alex attempts a risky redesign on a traditional British chair. **11.00** Leather worker Martin restores a vintage case.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

Discovery Turbo

161/172 146 180 320 325

6.00 AM **American Chopper**
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Custom Carolina** The crew pay homage to a '70s Safari Rally winner. **1.00** PM The crew find a '60 Chevy C10 pick up. **2.00** A Corvette aficionado trusts Tommy to put his spin on a classic '67 Chevy Corvette. **3.00** The team continue putting their own spin on a classic '67 resto-modded Chevy Corvette.
4.00 **Rockin' Roadsters**
5.00 **Fifth Gear Recharged**
7.00 **Wheeler Dealers** Mike surprises Elvis with a Caterham Seven, but the job is huge. **8.00** Mike wants to splash the cash on a custom bus. **9.00** Mike hunts for a DeLorean. **10.00** A Citroen 2CV. **11.00** Mike decides to take a risk on a Jaguar E-type. **12.00** M'T Mike and Edd China take on a Jensen Interceptor.
1.00 **to 5.00** AM **American Chopper**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The Sloth Lane** Animated adventure. (2024, PG, 90min)
7.35 PREMIERE **The Room Next Door** As shown at 10.10pm.
9.30 **Long Gone Heroes** As 6.15pm.
11.25 **Kraven the Hunter** (2024)
1.35 PM **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
4.20 **The Thicket** Drama starring Peter Dinklage and Juliette Lewis. (2024, 15, 108min)
6.15 **Long Gone Heroes** Action thriller. (2024, 15, 101min)

10.10 The Room Next Door

8.00 Kraven the Hunter Fantasy adventure starring Aaron Taylor-Johnson, Russell Crowe and Ariana Debose. A conservationist's complex relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 PREMIERE The Room Next Door Pedro Almodovar's drama starring Tilda Swinton and Julianne Moore. Two old friends are reunited in unusual circumstances. (2024, 12, 102min)
See review, page 24.

12.00 M'T **The Thicket** As 4.20pm.
1.50 AM **Sew Torn** Comedy thriller starring Eve Connelly. (2024, 15, 100min) ★★★★
3.35 **Sacramento** Comedy. (2024, 15, 89min) ★★★
5.10 **to 6.50** AM **Running on Empty** Comedy drama. (2024, 15, 91min) ★★★

Sky Cinema Anti Heroes

303 303 403 503 517

6.15 AM **Bowfinger** Comedy. (1999, 12, 97min) ★★★★
8.05 **Star Trek: Nemesis** Sci-fi adventure. (2002, 12) ★★★
10.05 **I Am Legend** Sci-fi horror. (2007, 15, 101min) ★★★★
11.50 **Joker: Folie à Deux** (2024)
2.15 PM **The Purge: Anarchy** Horror sequel. (2014, 15) ★★★
4.00 **The Purge: Election Year** Horror sequel. (2016, 15) ★★★
5.50 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★

10.20 Seven Psychopaths

8.00 Joker: Folie à Deux Musical thriller sequel starring Joaquin Phoenix and Lady Gaga. Unhinged comedian Arthur Fleck meets the love of his life while incarcerated at Arkham State Hospital. With Brendan Gleeson. (2024, 15, 138min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Seven Psychopaths Dark comedy thriller starring Colin Farrell, Sam Rockwell, Christopher Walken and Woody Harrelson. A Hollywood screenwriter gets caught up in murderous mayhem. (2012, 15, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Oldboy** South Korean revenge thriller. Subtitled. (2003, 18, 120min) ★★★★
2.15 **Bad Boys** Action comedy. (1995, 15, 118min) ★★★
4.15 **to 6.10** AM **The Exorcist: Believer** Horror sequel. (2023, 15, 111min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.20 AM **Ben-Hur** As 4.15pm.
10.10 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
12.35 PM **Golda** Biopic starring Helen Mirren. (2023, 12, 100min) ★★
2.20 **One Life** Drama with Anthony Hopkins and Johnny Flynn. (2023, 12, 105min) ★★★★
4.15 **Ben-Hur** Multi-Oscar-winning drama starring Charlton Heston. (1959, PG, 212min) ★★★★★

8.00 **Bob Marley: One Love** Biographical drama starring Kingsley Ben-Adir. The story of how reggae icon Bob Marley overcame adversity, and the journey behind his revolutionary music. (2023, 12, 104min) ★★★
10.00 **Lost in Translation** Romantic comedy drama starring Bill Murray and Scarlett Johansson. A jaded Hollywood actor and a young woman strike up a tender friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★

11.55 **Wimbledon** Romantic comedy. (2004, 12, 98min) ★★★
1.35 AM **Carmen & Lola** Drama. (2018, 18, 120min) ★★★
3.30 **Young at Heart** Romantic musical. (1954, U, 117min) ★★★
5.35 **to 7.10** AM **Rurangi** Drama. (2020, 15, 87min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.30 AM **Star Trek: First Contact** Adventure. (1996, 12) ★★★★
8.25 **The Purge** Horror thriller. (2013, 15, 85min) ★★★
9.55 **Constantine** As 9.45pm.
12.00 NOON **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★
2.00 PM **After Earth** Adventure. (2013, 12, 98min) ★★
3.45 **Gothika** Horror starring Halle Berry. (2003, 15, 98min) ★★★

5.30 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
8.00 **The Woman in Black: Angel of Death** Horror sequel starring Helen McCrory and Jeremy Irvine. (2014, 15, 95min) ★★★
9.45 **Constantine** Horror starring Keanu Reeves. A cynical hero realises that the truce between heaven and hell is breaking down and that trouble lies ahead. (2005, 15, 121min) ★★★
12.00 M'T **Dorian Gray** Gothic horror. (2009, 15, 112min) ★★★

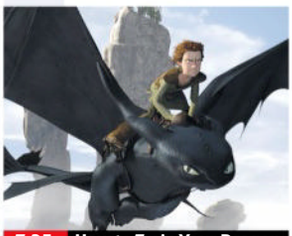
2.00 AM **Slingshot** Thriller with Casey Affleck and Emily Beecham. (2024, 15, 108min) ★★★
4.00 **Friendship's Death** Sci-fi drama starring Tilda Swinton. (1987, 15, 78min) ★★★
5.30 **to 7.20** AM **Night Swim** Horror. (2024, 15, 98min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema School's Out

306 306 406 506 519

6.20 AM **Sky Cinema Preview**
7.00 **The Wild Thornberrys Movie**
8.40 **The NeverEnding Story**
10.25 **How to Train Your Dragon**
12.15 PM **The Polar Express** Animated fantasy adventure. (2004, U, 100min) ★★★★
2.10 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
4.00 **Kung Fu Panda 3** Animated sequel. (2016, PG) ★★★★
5.45 **Kung Fu Panda 4** Animated sequel. (2023, PG) ★★★



7.25 How to Train Your Dragon

7.25 How to Train Your Dragon Animated fantasy adventure with the voice of Jay Baruchel. (2010, PG, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.05 Harold and the Purple Crayon Adventure with Zachary Levi. A character who lives in a hand-drawn world tumbles into the present day. (2024, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 Rugrats Go Wild Animation with the voice of Nancy Cartwright. (2003, U, 81min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Wild Thornberrys Movie** Animated adventure. (2002, U, 85min) ★★★★
1.45 **NeverEnding Story** Fantasy. (1984, U, 94min) ★★★
3.25 **Beethoven** Family comedy. (1992, U, 87min) ★★★
5.00 **to 6.35** AM **Beethoven's 2nd** Comedy sequel. (1993, U) ★★

Sky Cinema Action

307 307 407 507 521

6.15 AM **The Green Hornet** Fantasy. (2011, 12, 118min) ★★★
8.20 **Kick-Ass 2** (2013, 15) ★★★
10.20 **Charlie's Angels** Comedy. (2000, 15, 97min) ★★★★
12.05 PM **Charlie's Angels: Full Throttle** (2003, 12) ★★
2.00 **Bad Boys II** Comedy sequel. (2003, 15, 147min) ★★★
4.30 **Aquaman** Action adventure. (2018, 12, 143min) ★★★
6.55 **Bad Boys for Life** Comedy sequel. (2020, 15) ★★★

6.55 Bad Boys for Life

Bad Boys for Life (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Long Gone Heroes Action thriller starring Eden Brolin and Andy Garcia. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. (2024, 15, 101min)

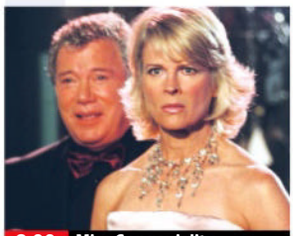
10.45 The Dark Tower Fantasy starring Idris Elba and Matthew McConaughey. (2017, 12, 95min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Legend of Zorro** Comedy adventure sequel. (2005, PG, 130min) ★★★
2.40 **Snow White and the Huntsman** Fantasy adventure. (2012, 12, 127min) ★★★
4.50 **to 6.45** AM **Rear Window** Hitchcock suspense thriller. (1954, PG, 112min) ★★★★★

Sky Cinema Comedy

308 308 408 508 522

7.10 AM **It's Complicated** (2009)
9.15 **Mamma Mia!** (2008) ★★★★
11.05 **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
1.00 PM **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
2.40 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
4.20 **Nutty Professor II: The Klumps** (2000, 12) ★★★
6.15 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★



8.00 Miss Congeniality

8.00 Miss Congeniality Comedy starring Sandra Bullock as a scruffy FBI agent who receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine and Benjamin Bratt. (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 Miss Congeniality 2: Armed and Fabulous Comedy sequel starring Sandra Bullock. An FBI agent becomes a media celebrity, until the kidnapping of her friend reawakens her instincts. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
2.00 AM **HouseSitter** Comedy. (1992, PG, 102min) ★★★
3.45 **Nutty Professor II: The Klumps** As shown at 4.20pm.
5.35 **to 7.25** AM **Funny Cow** Drama. (2017, 15, 102min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.40 AM **Antebellum** As 4.30pm.
9.30 **Out of the Blue** Romantic thriller. (2022, 15, 104min) ★★
11.20 **False Positive** Horror thriller. (2021, 15, 92min) ★★
1.00 PM **Split** Mystery thriller. (2016, 15, 117min) ★★★
3.00 **Melancholia** As 12.30am.
4.30 **Antebellum** Horror mystery. (2019, 15, 105min) ★★
6.25 **Into the Deep** Thriller starring Ella-Rae Smith. (2022, 15, 90min) ★★★

6.25 Into the Deep

8.00 Sherlock Holmes: A Game of Shadows Guy Ritchie's action adventure sequel starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, the evil genius behind a wave of bombings across Europe. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

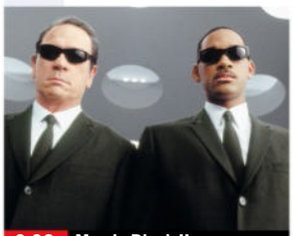
10.20 The China Syndrome Thriller about the attempted cover-up of an accident at a nuclear power station, starring Michael Douglas. (1979, PG, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Melancholia** Drama. (1989, 15, 85min) ★★★
2.10 **Some Other Woman** Thriller. (2023, 15, 85min) ★★★
3.50 **Caddo Lake** Crime thriller. (2024, 12, 99min) ★★★
5.45 **to 8.15** AM **K-19: The Widowmaker** (2002, 12) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Daleks – Invasion Earth 2150 AD** Sci-fi adventure spin-off. (1966, U, 80min) ★★
12.45 PM **Stormbreaker** Adventure. (2006, PG, 93min) ★★★
2.30 **Dunston Checks In** Comedy. (1995, PG, 88min) ★★★
4.10 **Evolution** Sci-fi comedy. (2001, PG, 101min) ★★★★
6.10 **Independence Day** Sci-fi adventure starring Will Smith. (1996, 12, 145min) ★★★★



9.00 Men in Black II

Independence Day (film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Men in Black II Sci-fi comedy sequel starring Tommy Lee Jones. When an alien threatens Earth, top MIB agent Jay needs the help of his amnesiac former partner Kay to save the planet. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 The Big Man Thriller starring Liam Neeson. An unemployed Scottish miner gets drawn into the brutal world of bare-knuckle fighting. (1990, 18, 119min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 **to 3.25** AM **Nobody's Fool** Romantic comedy with Tiffany Haddish. (2018, 15, 110min) ★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Favourites

302 302 402 502 516

6.00 AM **The Fast and the Furious: Tokyo Drift** As 2.10am.
7.50 **Fast & Furious** As 4.00am.
9.40 **Trap** Thriller with Josh Hartnett. (2024, 15, 105min) ★★★★
11.40 **Twister** Disaster movie. (1996, PG, 114min) ★★★
1.40 PM **Twisters** Disaster sequel. (2024, 12, 122min) ★★★★
3.50 **The Meg** Action adventure. (2018, 12, 113min) ★★★

5.50 **The Mummy** Action adventure. (1999, 15, 124min) ★★★★
8.00 **The Mummy Returns** Adventure sequel with Rachel Weisz and Brendan Fraser. (2001, 12, 129min) ★★★★
10.15 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel starring Brendan Fraser, Jet Li, Maria Bello and Michelle Yeoh. (2008, 12, 112min) ★★★
12.10 AM **The Meg** Thriller starring Jason Statham and Li Bingbing. (2018, 12, 113min) ★★★

2.10 **The Fast and the Furious: Tokyo Drift** Motor racing thriller. (2006, 12, 104min) ★★
4.00 **Fast & Furious** Thriller sequel. (2009, 12, 107min) ★★★
5.50 **to 7.40** AM **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.10 AM **Jaws** As 8.00pm.
9.30 **Jaws 2** As 10.05pm.
11.40 **Jaws 3** As shown at 6.05pm.
1.35 PM **Jaws** As 8.00pm.
3.55 **Jaws 2** As shown at 10.05pm.
6.05 **Jaws 3** Shark attack adventure sequel starring Dennis Quaid and Bess Armstrong. A terrifying great white shark makes its way to a marine theme park. (1983, 12, 99min) ★★

8.00 **Jaws** Steven Spielberg's blockbuster monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. With Lorraine Gary. (1975, 12, 125min) ★★★★★
10.05 **Jaws 2** Adventure thriller sequel starring Roy Scheider, Lorraine Gary and Murray Hamilton. Another shark returns to terrorise the small town of Amity. (1978, PG, 115min) ★★★

12.05 AM **Jaws 3** As 6.05pm.
1.45 **Jaws** As shown at 8.00pm.
3.50 **Jaws 2** As 10.05pm.
5.50 **to 7.50** AM **Patriot Games** Crime action thriller starring Harrison Ford, Anne Archer, Sean Bean and Patrick Bergin. (1992, 15, 116min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Fox and Hare Save the Forest** As shown at 1.25am.
7.45 **Sing** Animation. (2016, U) ★★★
9.35 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
11.15 **Migration** Animated comedy. (2023, U, 83min) ★★★
12.45 PM **Trolls** Animated musical. (2016, U, 92min) ★★★
2.25 **Trolls Band Together** Animated musical. (2023, U, 91min) ★★★

4.00 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
5.40 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
7.15 **Home** Animated adventure. (2014, U, 94min) ★★★
8.55 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
10.30 **Little Vampire** Animation. (2020, PG, 85min) ★★★
12.00 M'T **Scooby-Doo! The Sword and the Scoob** Animation. (2021, PG, 76min) ★★★

1.25 AM **Fox and Hare Save the Forest** Animated adventure. (2024, U, 71min) ★★★
2.45 **The Prince of Egypt** Animated epic. (1998, U, 99min) ★★★★
4.30 **to 6.10** AM **Boonie Bears: Guardian Code** Animation. (2023, PG, 96min) ★★★

Movies 24

312 313 419

7.00 AM **The Attraction Test** Comedy. (2022, PG, 85min) ★★
9.00 **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
11.00 **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
1.00 PM **Write Place, Write Time** Comedy. (2023, PG, 85min) ★★
3.00 **PREMIERE Polar Opposites** Romantic drama with Rhiannon Fish. (2025, PG, 84min) ★★

5.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
7.00 **Wish Upon a Wedding** Drama with Kabby Borders. A romantic sets the date for her wedding despite being single, and as she tries to find a fiancé, she is unaware love may be under her nose. (2023, PG, 85min) ★★
9.00 **Love Hacks** Drama with Annie Clark. A relationship coach believes she can fix any romance and creates a podcast to prove it. (2022, PG, 90min) ★★

11.00 **The Real West** Romantic comedy. (2024, PG, 84min) ★★
1.00 AM **An Unexpected Valentine** Comedy. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **Love Under the Lemon Tree** (2022, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Traitor** War thriller. (1957, b/w, PG, 88min) ★★
7.40 **The Lone Ranger** 1/52. (S1)
9.05 **The Walking Target** Drama. (1960, b/w, PG, 75min) ★★
10.35 **The Beverly Hillbillies** (S1)
11.10 **Kentucky Rifle** Western with Chill Wills. (1956, U, 84min) ★★
12.50 PM **Worzel Gummidge** (S2)
1.25 **Batman** 28/60. (S2)
2.00 **The Drum** (1938, U) ★★★

3.50 **Look at Life** Documentary.
4.00 **The Adventures of Robin Hood**
4.30 **The Vise** 4/39. (S1)
5.00 **The Footage Detectives**
6.00 **A Town Like Alice** War drama. (1956, b/w, PG, 111min) ★★★★
8.15 **Look at Life** Documentary.
8.30 **A Hole Lot of Trouble** Short comedy starring Arthur Lowe.
9.05 **The Wheeltappers and Shunters Social Club** (S5)
9.55 **The Thirty Nine Steps** Adventure with Robert Powell. (1978, PG, 102min) ★★★

12.00 M'T **Budgie** 12/13. (S2)
1.05 AM **The Heritage Chart Show**
2.10 **Boris Karloff: The Man Behind the Monster** The life and legacy of the horror movie icon.
4.15 **to 6.00** AM **Piccadilly Third Stop** Thriller starring Yoko Tani. (1960, b/w, PG, 90min) ★★

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Goals on Sunday**
10.00 **Test Cricket Bitesize**
10.15 **LIVE Test Cricket England v India.** Coverage of the fourth day of the fifth and final Test in the series at The Kia Oval in London.
1.00 PM **LIVE Formula 1** The Hungarian Grand Prix at the Hungaroring. Start-time **2.00pm**.
4.00 **LIVE SPFL Celtic v St Mirren.** Coverage of the match staged at Celtic Park. Kick-off is at **4.30pm**.
7.00 **LIVE Premier League Summer Series Bournemouth v West Ham United.** The pre-season match from Mercedes-Benz Stadium. Kick-off **7.00pm**.
9.00 **LIVE Premier League Summer Series Manchester United v Everton.** The pre-season match at Mercedes-Benz Stadium. Kick-off **10.00pm**.
12.00 M'T **LIVE WTA & ATP Tennis** Coverage of day eight of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal, both of which are hard-court tournaments.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Unpacked** Fans' questions.
9.45 **The Big Padel Match**
10.00 **Transfer 360**
11.00 **Gary Neville's Soccerbox**
12.00 NOON **Premier League Legends** Tony Adams.
12.30 PM **Transfer 360**
1.00 **Premier League Summer Series** Recent highlights.
3.00 **Transfer 360** Edwin Van Der Sar.
3.30 **Premier League Summer Series** Recent highlights.
5.30 **Transfer 360** Edwin Van Der Sar.
6.00 **LIVE Premier League Summer Series Bournemouth v West Ham United.** The pre-season match from Mercedes-Benz Stadium. Kick-off **7.00pm**.
9.00 **LIVE Premier League Summer Series Manchester United v Everton.** Coverage of the pre-season match staged at Mercedes-Benz Stadium in Atlanta. Kick-off is at **10.00pm**.
12.30 AM **Class of '92: Full Time**
1.30 **PL Retro** Arsenal v Tottenham.
3.30 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
6.30 **SPFL Highlights**
7.15 **EFL Highlights** Recent action.
7.45 **SPFL Highlights**
8.00 **EFL Highlights** League One.
8.30 **SPFL Highlights**
10.15 **EFL Highlights** Recent action.
10.45 **SPFL Highlights**
11.30 **LIVE EFL Stockport County v Bolton Wanderers.** Coverage of the League One game staged at Edgeley Park. Kick-off **12.00noon**.
1.00 PM **LIVE SPFL Falkirk v Dundee United.** Coverage from Falkirk Stadium. Kick-off **2.00pm**.
4.00 **LIVE SPFL Celtic v St Mirren.** Coverage of the match staged at Celtic Park. Kick-off **4.30pm**.
7.00 **SPFL Highlights**
7.15 **EFL Highlights**
9.15 **SPFL Highlights**
9.30 **EFL Highlights** Recent action.
10.00 **SPFL Highlights**
10.30 **EFL Highlights** League One.
10.45 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.45 AM **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Craig Brown: My Scotland**
5.30 **to 6.00** AM **There's Only One Sauzee**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **Women's One-Day International Cricket**
8.00 **Test Cricket** England v India.
9.00 **Women's One-Day International Cricket**
10.00 **Test Cricket Bitesize** The third day of England v India in the fifth and final Test of the series.
10.15 **LIVE Test Cricket England v India.** Coverage of the fourth day of the fifth and final Test in the series staged at The Kia Oval in London. India haven't beaten their hosts in a Test series in England since 2007 when they won a three-match series 1-0.
7.00 PM **Ashes Greats** Player profiles.
7.30 **Best of England v India**
8.00 **Test Cricket** England v India in the fifth and final Test in London.
9.00 **Best of ICC WT20**
9.15 **Test Cricket Bitesize**
11.15 **Best of ICC WT20**
11.30 **Best of England v India**
12.00 M'T **Test Cricket** England v India.
1.00 AM **Women's One-Day International Cricket**
3.00 **Test Cricket** England v India.
4.00 **to 6.00** AM **Women's One-Day International Cricket**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Women's Golf**
10.00 **On the Road with Iona Stephen**
11.00 **Women's Golf** Women's Open
12.00 NOON **LIVE Women's Golf** Coverage of the fourth and final day of the AIG Women's Open Championship at Royal Porthcawl.
7.00 PM **LIVE PGA Tour Golf** The fourth and final day of the Wyndham Championship staged at Sedgefield Country Club.
11.00 **Women's Golf** Women's Open.
12.00 M'T **AIG Women's Open Official Film 2024**
1.00 AM **Women's Golf** Highlights.
2.00 **Nick Dougherty's Tee Time Tips**
3.00 **PGA Tour Golf** Highlights.
4.00 **Women's Golf** Women's Open.
5.00 **to 6.00** AM **Playing Lessons**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
12.00 NOON **WTA All Access**
12.30 PM **WTA & ATP Tennis**
5.30 **LIVE WTA & ATP Tennis** The eighth day of the Canadian Open.
9.30 **WTA & ATP Tennis** Madrid Open.
10.00 **ATP Tennis** Croatia Open final.
11.00 **LIVE WTA & ATP Tennis** Further coverage of the eighth day of the Canadian Open.
4.00 AM **Bitesize Tennis**
4.15 **ATP Tennis** Doha Open final.
4.30 **Billie Jean King: My Story**
4.45 **Tim Henman Podcast 2024**
5.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE AFL Geelong Cats v Port Adelaide Power.** Coverage of the match staged at GMHBA Stadium. Bounce-up **6.15am**.
9.00 **British Superbikes Rewind**
9.15 **LIVE World Rally Championship** Coverage of the Rally Finland special stage 19.
10.15 **BMX Racing World Championship** In Copenhagen.
10.45 **LIVE BMX Racing World Championship** Coverage from the second day in Copenhagen.
2.00 PM **LIVE Tour de France Women** Coverage of the ninth stage, a 124.1km route.
7.00 **Cycling** San Sebastian Classic.
8.00 **Tour de France Women**
9.00 **LIVE MLB San Diego Padres v St. Louis Cardinals.** Coverage of the National League match from Petco Park. Start-time **9.10pm**.
12.15 AM **TNT Sports Cricket Reload**
12.45 **LIVE International T20 Cricket West Indies v Pakistan.** The third and final T20 at Central Broward Regional Park.
5.00 **TNT Sports Reload**
5.30 **to 6.00** AM **World Rally Championship**

TNT Sports 2

411 414 522 409 431

6.00 AM **Tour de France Women**
7.00 **LIVE Shanghai Masters Snooker** The first session of the final staged at Luwan Gymnasium.
10.00 **TNT Sports Reload**
10.30 **Kenny Allstar's Number 1's**
10.45 **LIVE Porsche Supercup** The Hungarian Grand Prix staged at the Hungaroring in Budapest.
12.00 NOON **1967: When LA Wolves Conquered the USA**
12.30 PM **LIVE Shanghai Masters Snooker** Coverage of the second session of the final in China.
3.45 **Ally's Social Club**
4.15 **TNT Sports Reload**
4.30 **International T20 Cricket**
5.30 **MLB Highlights**
6.30 **LIVE MLB Philadelphia Phillies v Detroit Tigers.** The inter-league match. Start-time **6.35pm**.
9.45 **TNT Sports Reload**
10.00 **World Rally Championship**
10.30 **AFL** Dockers v Blues.
12.00 M'T **LIVE MLB** Coverage of a Major League Baseball match.
3.15 AM **MLB Plays of the Week**
3.45 **TNT Sports Reload**
4.00 **to 6.00** AM **Shanghai Masters Snooker**

Sky Sports The Lions

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour** Australia v British & Irish Lions.
10.30 **Lions Legends** Player profiles.
11.00 **Super League Highlights**
11.30 **British and Irish Lions Tour** Australia v British & Irish Lions.
12.30 PM **Lions Legends**
1.00 **British and Irish Lions Tour**
4.00 **Lions Legends** Player profiles.
5.00 **British and Irish Lions Tour** Australia v British & Irish Lions: Another chance to see the third Test as the Lions' tour reached a conclusion at Accor Stadium.
9.30 **Lions Legends** A profile of Welsh backs from 1971 and 1974.
10.00 **Lions 2005: Inside the Lions Den** Documentary about the British & Irish Lions tour of New Zealand in 2005, in which the Lions were looking for a first series win over the All Blacks since 1971.
12.30 AM **British and Irish Lions Tour** Australia v British & Irish Lions: Action from the first Test of the three-match series staged at Suncorp Stadium in Brisbane.
1.30 The second Test between Australia and British & Irish Lions at Melbourne Cricket Ground.
2.30 **British and Irish Lions Tour**
5.30 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Goals on Sunday**
10.00 **Sky Sports News**
11.30 **LIVE EFL Stockport County v Bolton Wanderers.** Coverage of both teams' opening match of the League One season staged at Edgeley Park. Stockport were close to promotion last season, finishing third in the table before losing to Leyton Orient in the play-offs. Bolton will also have high hopes of going up this term, but they could only manage an eighth-place finish in the previous campaign. Kick-off **12.00noon**.
2.30 PM **Sports Sunday**
5.30 **LIVE WTA & ATP Tennis** Coverage of day eight of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal, both of which are hard-court tournaments.
9.30 **Sky Sports News**
12.00 M'T **LIVE WTA & ATP Tennis** Further coverage of day eight of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal, both of which are on hard-court.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.30 AM **PL Greatest Games**
6.45 **LIVE NRLW Parramatta Eels v St George Illawarra Dragons.** Coverage of the women's rugby league match from the McDonald Jones Stadium. Kick-off **6.45am**.
8.30 **PL Greatest Games**
9.00 **Test Cricket** England v India.
10.00 **Women's Golf** Women's Open.
11.00 **British and Irish Lions Tour**
12.00 NOON **WTA & ATP Tennis**
2.00 PM **PL Greatest Games**
3.00 **Test Cricket** England v India.
6.00 **British and Irish Lions Tour**
7.00 **Women's Golf** Women's Open.
8.00 **Women's One-Day International Cricket**
9.00 **Formula 1** Hungarian Grand Prix.
10.00 **Pushing Boundaries: To the Hundred and Beyond**
11.15 **British and Irish Lions Tour**
12.00 M'T **PL Greatest Games**
1.00 AM **Formula 1** From Hungary.
2.00 **PDC Classics** Archive action.
3.00 **EFL Greatest Games**
4.00 **Women's Golf** Women's Open.
5.00 **to 6.00** AM **Playing Lessons**

TNT Sports 3

413 415 523 410 432

7.30 AM **Test Cricket Highlights**
8.30 **LIVE Test Cricket Zimbabwe v New Zealand.** Coverage of day five of the first Test staged at Queens Sports Club, Bulawayo.
5.00 PM **UEFA Champions League**
5.30 **LIVE NWSL Washington Spirit v Portland Thorns.** Coverage of the match staged at Audi Field in Washington D.C. Kick-off **5.30pm**.
7.45 **No Filter Football**
8.00 **LIVE WNBA Seattle Storm v Indiana Fever.** Coverage of the match staged at Climate Pledge Arena in Seattle. Tip-off **8.00pm**.
10.00 **Shanghai Masters Snooker** Action from the seventh day.
12.00 M'T **Test Cricket Highlights**
1.00 AM **World Rally Championship**
1.30 **Tour de France Women**
2.30 **World Rally Championship**
3.00 **Cycling** San Sebastian Classic.
4.00 **Test Cricket Highlights**
5.00 **to 6.00** AM **BMX Racing World Championship**

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE FIM Endurance World Championship** The Eight Hours of Suzuka in Japan.
11.30 **MLB Plays of the Week**
12.00 NOON **LIVE Motocross World Championship** The first MX2 race from Flanders, Belgium.
1.00 PM **LIVE Motocross World Championship** The first MXGP race from Flanders, Belgium.
2.00 **True Grit** Speedway.
3.00 **LIVE Motocross World Championship** The second MX2 and MXGP races in Flanders.
5.00 **AFL** Saints v Kangaroos.
6.30 Cats v Power.
8.00 **UTMB World Series Highlights**
9.00 **BMX Racing World Championship** In Copenhagen.
9.30 **UFC** Amir Albazi v Tatsuro Taira.
12.30 AM **UFC Fight Flashback**
1.30 **Fishing: On the Bank**
2.30 **Ultimate Pool** Pairs Cup.
4.00 **to 6.00** AM **ABB FIA Formula E World Championship**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
7.00 **NASCAR Highlights**
8.00 **FIM Sidecarcross**
9.00 **British Minibikes** Round three.
10.00 **LaLiga Specials**
11.00 **Transworld Sport** Magazine.
12.00 NOON **World Surf League**
1.00 PM **Motorsport** Valentino Rossi.
1.30 **LaLiga** Real Madrid v Barcelona.
3.30 **World of FreeSports**
4.00 **LaLiga Specials**
5.00 **FIM Sidecarcross** In Germany.
6.00 **Transworld Sport** Magazine.
7.00 **NASCAR Highlights**
8.00 **LIVE NASCAR** Coverage of the Iowa Corn 350, the latest round of the season staged at Iowa Speedway in Newton, Iowa.
12.30 AM **Motorsport** Valentino Rossi.
1.30 **FIM Sidecarcross**
2.30 **Transworld Sport** Magazine.
3.30 **World Surf League**
4.30 **LaLiga Specials**
5.30 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 552

6.00 AM **GP Confidential**
6.30 **NASCAR Xfinity Series**
9.30 **Bike World** Magazine.
10.00 **Pre-Season Football**
12.00 NOON **Premier Sports Cup** A replay of Motherwell v Morton.
2.00 PM **GP Confidential**
2.30 **Premier Sports Cup** A chance to see St. Mirren v Ayr United.
4.25 **Football's Greatest**
4.55 **Bike World** Magazine.
5.25 **FastZone** Motorsports highlights.
5.55 **LaLiga Specials**
6.55 **LIVE Pre-Season Football Girona v Wolverhampton Wanderers.** Coverage of the friendly match staged at Estadi Montilivi. Kick-off is at **7.00pm**.
9.00 **Football's Greatest**
9.30 **Pre-Season Football** Borussia Monchengladbach v Valencia.
11.30 **Football's Greatest**
12.00 M'T **Major League Cricket**
4.30 AM **Bike World** Magazine.
5.00 **to 6.00** AM **LaLiga Specials**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 3** From Hungary.
7.00 **F1 Features**
7.45 **LIVE Formula 3** Coverage of the Hungarian Grand Prix feature race.
8.50 **F1 Features**
9.15 **LIVE Formula 2** Coverage of the Hungarian Grand Prix feature race.
10.35 **F1 Features**
11.00 **LIVE Porsche Supercup** The Hungarian Grand Prix in Budapest.
11.50 **F1 Features**
12.30 PM **LIVE Formula 1** Coverage of the Hungarian Grand Prix.
5.00 **Formula 1** Hungarian Grand Prix.
6.00 **GT World Challenge Europe**
7.45 **Formula 1** From Hungary.
8.45 **F1 Features**
9.00 **Formula 2** Hungarian Grand Prix.
10.20 **Brad Pitt Hot Laps**
10.30 **Formula 3** From Hungary.
11.45 **Carlos Sainz & the Lie Detector**
12.00 M'T **Formula 1** From Hungary.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

4 August

Evening Planner

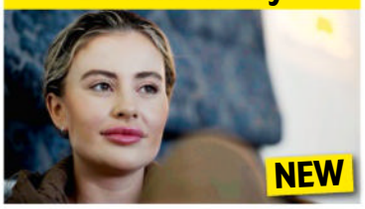
Documentary

What Happened at Hiroshima

BBC1, 8.30pm

Marking the 80th anniversary of the US bombings of Hiroshima and Nagasaki.

Documentary

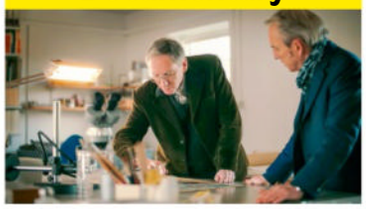


Chloe Ayling: My Unbelievable Kidnapping

BBC3, 9pm (box set, BBC iPlayer)

Three-parter telling the London model's harrowing story. Continues tomorrow.

Documentary



Fake or Fortune?

BBC1, 9pm

Investigating a potential missing work by trailblazing painter Frances Hodgkins – that was purchased for £35 at auction.

OnDemand

King of the Hill

Available today

Mike Judge's (right) animation is back. Hank Hill returns home to Texas after working in Saudi Arabia.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Hiroshima	9.00 Fake or Fortune?		10.00 News; Local News	10.40 Have I...
	102 BBC2	7.00 Today at the Test		8.00 Only Connect	8.30 University...	9.00 Human		10.00 Mandy	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Shark! Celebrity Infested Waters		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Michael Mosley: Secrets of the...		9.00 Celebrity SAS: Who Dares Wins		10.00 Crime Scene Cleaners	
	105 5	7.00 Traffic Cops		8.00 Motorway Cops: Catching Britain's...		9.00 Police: Night Shift 999		10.00 Forensics: Murder Scene	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Airborne		9.00 The Gilded Age		10.10 A League of Their Own	
ENTERTAINMENT	115 BBC3	7.00 The Agency: Unfiltered		8.00 Top Gear		9.00 Chloe Ayling	9.45 Fleabag		10.40 Him &...
	116 BBC4	7.00 Timothy Spall...	7.30 Attack on Pearl Harbor: Days That...		8.30 James May at...	9.00 Atomic People			10.30 Napoleon's...
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island: The Live Final			10.35 G'wed
	136 MORE4	‹ 6.55 Grand Designs		7.55 The Dog House		9.00 Matt Baker: Our Farm in the Dales		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Elsbeth		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under		7.50 House of the Dragon		9.00 The Gilded Age		10.10 The Time Traveler's Wife	
	110 U&GOLD	‹ 6.50 Only Fools and Horses		8.00 Red Dwarf			9.20 Gavin & Stacey		10.40 Not...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 Junk and Disorderly		8.00 King of the Roads		9.00 Film: RoboCop			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Stupid Central		10.00 Kevin Bridges: A Whole Different Story	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.05 Stargate Atlantis			8.10 Rob Beckett's Smart TV	9.00 Mr Bigstuff		10.00 Film: Everybody Wants Some!!	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 Shakespeare & Hathaway: Private Investigators			
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Power of Love				10.00 Musical Masterpieces	
	132 U&W	7.00 MasterChef Australia			8.30 The Secret Life of 4, 5, 6 Year Olds...		9.30 Inside the...	10.00 One Born Every Minute	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Roadworthy Rescues		9.00 The Lost Lincoln			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Expedition Bigfoot		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Hurricane Katrina: Race Against Time				10.00 Trafficked with Mariana Van Zeller	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Holy Marvels with Dennis Quaid		9.00 Pharaohs at War		10.00 Discovered by Disaster	
	155 U&YESTERDAY	7.00 Ireland with Simon Reeve		8.00 Canal Boat Diaries		9.00 Tropic of Cancer with Simon Reeve		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 The Ringleader: The Case of the Bling Ring				9.00 David Fuller: Monster in the Morgue			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.50 Kraven the Hunter		8.00 Long Gone Heroes			9.45 The Room Next Door		
	302 FAVOURITES	‹ 5.50 Valentine's Day		8.00 Anyone But You			9.45 It Ends with Us		
	303 HITS	‹ 6.10 Insidious		8.00 Interstellar					
	304 GREATS	‹ 6.05 Rear Window		8.00 The Great Escape					
	305 ANIMATION	7.00 Kung Fu Panda 4			8.40 Open Season			10.15 Trolls Band Together	
	306 FAMILY	‹ 6.00 Mr Bean's Holiday	7.35 Harold and the Purple Crayon			9.15 The Portable Door			
	307 ACTION	‹ 6.15 Long Gone Heroes		8.00 Star Trek Into Darkness				10.15 Bad Boys: Ride or Die	
	308 COMEDY	‹ 6.15 The Truman Show		8.00 Horrible Bosses			9.50 Funny Cow		
	309 THRILLER	‹ 5.35 The Island		8.00 Ocean's Eight				10.00 K-19: The Widowmaker	
	310 DRAMA	‹ 5.25 Oh! What a Lovely War		8.00 The Danish Girl				10.15 The Young Messiah	
	311 SCI-FI	‹ 6.00 Five Nights at Freddy's		8.00 Star Trek Beyond				10.15 Annabelle	
	313 FILM4	‹ 6.20 The Hunt for Red October				9.00 Men in Black 3			
SPORT	401 MAIN EVENT	7.00 SPFL – Live: Hearts v Aberdeen (Kick-off 8.00)							10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Premier League Summer Series		9.00 Man City...	9.30 Newcastle...	10.00 PL Icons	10.30 My Origin Story
	403 FOOTBALL	7.00 SPFL – Live: Hearts v Aberdeen (Kick-off 8.00)							10.30 SPFL Highlights
	404 CRICKET	7.00 Ashes Greats	7.30 Best of...	8.00 Test Cricket		9.00 Test Cricket Bitesize			
	410 TNT SPORTS 1	‹ 6.15 August 4th...	7.30 British Speedway – Live: Belle Vue Aces v Ipswich Witches					10.00 WRC Review	
	411 TNT SPORTS 2	‹ 6.00 Ultimate Pool – Live: Coverage of Group 10 of the Pairs Cup					9.30 International T20 Cricket Highlights		10.30 UFC

‹ Denotes programmes starting before 7.00pm † Regions vary

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MONDAY

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Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition Izzie Balmer and Ben Cooper help the teams in Nottinghamshire. (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition Featuring an unusual instrument and a painting by Lancastrian artist James Isherwood. (S)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Fake or Fortune?

7.00 **The One Show** Alex Jones and Ronan Keating present the topical show. (S)
7.30 **EastEnders** Oscar makes a foolish decision, Patrick and Howie join forces, while Eve remains sceptical about a situation. (S)(AD)

8.00 **Panorama: Why I Joined a Riot** New edition Current affairs. (S)
8.30 **NEW What Happened at Hiroshima** Survivor accounts of the first atomic bomb in 1945. (S)(AD)

9.00 **Fake or Fortune?** New edition 3/6. Fiona Bruce and art expert Philip Mould investigate a potential missing work by trailblazing New Zealand-born artist Frances Hodgkins – that was bought for just £35 at an auction. (S)(AD)

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Victoria Coren Mitchell hosts, with guests Chris McCausland and Sophy Ridge joining Paul Merton and Ian Hislop. (S)(R)
11.10 **Mayfair Witches** New episodes 3/8. Ciprien and Albrecht persuade a reluctant Moira to help, and Lasher visits a bar owned by Evelyn Mayfair. (S)(AD) **11.50** 4/8. Desperate to know more, Moira and Rowan question Dolly Jean and discover a whole new level of mystery. (S2) (S)(AD) ■ Entire series on BBC iPlayer
12.35 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: Antiques Roadshow** From Thirlestane Castle in the Scottish Borders. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **World's Busiest Cities: Hong Kong** Dan Snow, Anita Rani and Ade Adepitan visit Hong Kong. (S)(R)
5.15 **Flog It!** From Margam Country Park near Port Talbot. (S)(R)
6.00 **Richard Osman's House of Games** With Val McDermid, Charlie Baker, Martin Offiah and Rebecca Lucy Taylor. (S)(R) **6.30** Richard welcomes back Val, Charlie, Martin and Rebecca. (S)(R)

9.00 Human

7.00 **Today at the Test** England v India: Action from day five of the fifth and final Test at The Oval. Having won two of the first three, England ensured they would come into this encounter with a chance to secure a series victory. (S)

8.00 **Only Connect** New edition The Metrophiles take on the Grapevines. (S)
8.30 **University Challenge** New edition Amol Rajan asks the questions as Newcastle takes on Edinburgh. (S)

9.00 **Human** New edition 4/5. Ella Al-Shamahi looks at Homo sapiens' arrival in the Americas during the height of the Ice Age, one of the coldest times humanity has ever known. (S) ■ Entire series on BBC iPlayer

10.00 **Mandy** New episode 5/6. A strange night-time visitor arrives. (S) **10.15** Series finale 6/6. Mandy confronts a dramatic change to her way of life. (S4) (S)(AD) ■ Entire series on BBC iPlayer
10.30 **Newsnight** (S)
11.05 **Saving Lives at Sea** The Dover crew respond to a mayday for a small boat crossing. (S)(R)(AD)
12.05 AM **Inside the Cult of the Jesus Army** 2/2. The 'modesty culture' in the organisation takes a turn. (S)(R)
1.00 **Sign Zone: Countryfile** Adam Henson visits Wiltshire. (S)(R)
2.00 **Sign Zone: Destination X** (S)(R)
3.00 **Sign Zone: Policing Paradise** A man is arrested at the airport for importing cannabis. (S)(R)
3.30 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts as Olivia Attwood, Jack P Shepherd and Adam Woodyatt compete in the game show, as they guess well-known phrases for the chance to play for the £50,000 jackpot. (S)(R)(AD)
3.00 **Lingo** Adil Ray hosts the word-based quiz show. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Shark! Celebrity Infested Waters

7.30 **Emmerdale** Dylan has some secrets, Robert and Aaron attempt to clear the air, while Ross and Steph are back on track. (S)(AD)

8.00 **Coronation Street** Abi finds out about Carl's MOT scam and Kevin's blackmail, Bernie has a hen party at the bistro, Kit gains an insight into Brody's upbringing, and Lisa surprises Carla by inviting Ryan to move in with them. (S)(AD)

9.00 **Shark! Celebrity Infested Waters** New edition 4/5. Danni Washington and Tristan Guttridge reveal that they will scuba dive around an old and eerie shipwreck. (S)(AD) ■ Entire series on ITVX

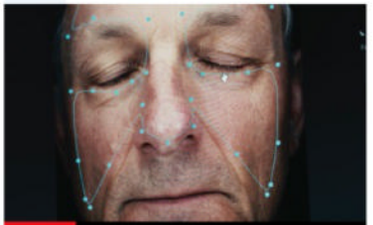
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Cold Case Forensics: The Murder of Lynette White** 2/3. Forensic scientist Dr Angela Gallop and her team detail the methods that helped them crack the 1988 murder of Lynette White in Cardiff. Nicola Walker narrates. (S)(R)(AD)
11.40 **The Assembly** Danny Dyer is quizzed by an audience of people who are autistic, neurodivergent or learning disabled. (S)(R)
12.05 AM **Teleshopping**
3.00 **Suspicion** 7/8. Katherine risks everything. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Taste of Malta** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 13-16/26. (S5) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 8-11/24. (S8) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** New York. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** A carpenter and a kitchen fitter renovate a property in Brownhills, West Midlands. (S)(R)
5.00 **Chateau DIY** Matt and Helen introduce a touch of the UK with an English bandstand. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Sharon and Steve are invited to be judges at a fundraising event for a dog-rescue charity. (S)(R)



8.00 Secrets of the Superagers

7.00 **News** (S)

8.00 **Michael Mosley: Secrets of the Superagers** New edition 4/6. Michael meets a 71-year-old great-grandmother with line-free skin, and learns how chemicals in mangoes can visibly reduce wrinkles on our faces. (S)(AD)

9.00 **Celebrity SAS: Who Dares Wins** New edition The recruits take on a vehicle ambush task where they must drive into a simulated war zone, pick up an ally and vacate hostile territory into a safe zone, intact. (S)(AD)

10.00 **Crime Scene Cleaners** New edition 6/10. Blood is splattered across a stairwell after a stabbing, and a man armed with a knife refuses to leave a drug encampment. (S)(AD) ■ Episodes 6-10 are on Channel 4 Streaming
11.05 **NEW TO C4 Secrets of the Hells Angels** 5&6/8. (S)(AD)
12.50 AM **FILM Overlord** Action thriller starring Jovan Adepo, Wyatt Russell and Mathilde Ollivier. (S)(SL) (2018, 18, 110min) ★★★★
2.40 **Ramsay's Kitchen Nightmares USA** In New Jersey. (S)(SL)(R)
3.30 **George Clarke's Amazing Spaces**
4.25 **Kirstie's Fill Your House for Free**
4.40 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **Murder in Cherry Springs** Mystery starring Rochelle Aytes and Keith D Robinson. (S) (2021, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Andy from Hull aspires to leave the UK behind and move to Spain to become an entertainer. (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** Jules Hudson celebrates farming across the country. (S)(R)
6.55 **News** (S)

8.00 Motorway Cops

7.00 **Traffic Cops** Nick needs urgent back-up as a reckless driver tries to avoid capture by ramming his police car. (S)(R)
7.55 **News** (S)
8.00 **Motorway Cops: Catching Britain's Speeders** New edition Humberside Police receives calls about a potential drink driver, so PC Joe Gorman races to try to catch up with him before he has a serious collision. (S)
9.00 **Police: Night Shift 999** New edition 8/12. PC Smith spots a suspected burglar, only for the man to take off on foot, while student officer West is given the opportunity to make his first drugs stop and arrest. (S)
10.00 **Forensics: Murder Scene** 2/6. Forensic teams are called to investigate after a man is shot and killed in a newsagents, the savage attack with a shotgun blast sending tremors through the local community. (S)(R)
11.30 **A Body in Blackpool: Hotel Murders** New edition (S)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** 11&12/24. (S9) (S)(R)
3.50 **Secrets of the Fast Food Giants** Documentary. (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S2) (S)(R)
11.00 **Extreme Snakes: Africa** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 14/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Black Widower:* Selma tells the family she is getting engaged to her prison pen-pal. (S)(R)
5.30 *Like Father, Like Clown:* Krusty's father disowns him for becoming a comedian. (S)(R)
6.00 *The Otto Show:* Homer buys Bart a guitar. Featuring the voices of Spinal Tap. (S)(R)
6.30 *Bart's Friend Falls in Love:* Milhouse falls in love with a new girl at school. (R)

8.00 Airborne

7.00 **The Office (US)** *Free Family Portrait Studio:* 24/24. Dwight gives the Scranton branch workers free family portraits. (S8) (S)(R)
7.30 *New Guys:* 1/25. The workplace welcomes two new faces. (S9) (S)(R)
8.00 **Airborne** 3/4. A look at how animals use air to their advantage when finding and keeping a mate. Narrated by actor Keeley Hawes. (S)(R)(AD)
9.00 **The Gilded Age** New episode *Ex-Communicated:* 7/8. Mrs Astor discusses the future of her Newport ball with Bertha, while Larry shares a promising new discovery with George. (S3)
10.10 **A League of Their Own** Romesh Ranganathan hosts the comedy quiz, as Jamie Redknapp and Micah Richards are joined by team captain Jill Scott, and guests Gareth Bale and Katherine Ryan. (S)(R)(AD)
11.10 **Last Week Tonight with John Oliver** Talk show. (R)
11.55 **Curb Your Enthusiasm** 5/10. Larry snubs actor Paul Reiser's wife. (S)(R)
12.30 AM 6/10. (S3) (S)(R)
1.05 **The Office (US)** (S9) (S)(R)
2.00 **Hawaii Five-0** (S10) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 14/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.35am Scotcast (S)(R) **1.05** Weather for the Week Ahead (S) **1.10-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00-8.30pm If Walls Could Talk (S)(R) **10.40** Panorama: Why I Joined a Riot New edition (S) **11.10** Have I Got News for You (S)(R) **11.40** Mayfair Witches New episodes (S)(AD) **1.05-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Saving Lives in Cardiff (S)(R) **11.40** Mayfair Witches New episodes (S)(AD) **1.05-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Kayak ó Thuaidh (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.30** Eisteddfod Genedlaethol New edition **12.00noon** Newyddion **12.05pm** Eisteddfod Genedlaethol New edition **2.00** Newyddion **2.05** Eisteddfod Genedlaethol New edition **4.00** Eisteddfod Genedlaethol New edition **6.00** Cynefin **6.57** Newyddion **7.00** Heno o'r Steddfod New edition **7.30** Newyddion a'r Tywydd **8.00** Eisteddfod Genedlaethol New edition **9.00** Eisteddfod Genedlaethol New edition **10.15** Ralio: Pencampwriaeth Rali'r Byd **10.50** Cofio Dewi Pws **11.50pm-12.25am** Cymry ar Gynfas

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Agency: Unfiltered** 1/6. Kirsten and Amy launch a contest to find a new influencer. **7.30** 2/6. Amy and Kirsten overhear Livi say she does not want to be an influencer.
7.55 **The Catch Up**
8.00 **Top Gear** Film director Ron Howard goes for a spin in the new Reasonably Priced Car.
9.00 NEW SERIES **Chloe Ayling: My Unbelievable Kidnapping** 1/3. The model shares the story of her 2017 abduction. *See feature, page 21.* ■ Entire series on BBC iPlayer
9.45 **Fleabag** 3&4/6. (S2)
10.40 **Him & Her: The Wedding** 5/5. The gang deal with the ceremony fallout. (S4)
11.10 **Planet Sex with Cara Delevingne**
11.55 **Sky High Club: Scotland and Beyond** Double bill.
12.55 AM **Top Gear** As 8.00pm.
1.55 **Chloe Ayling: My Unbelievable Kidnapping**
2.40 **Fleabag** 3&4/6. (S2)
3.35 **to 4.00** AM **Ladhood**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Timothy Spall: Back at Sea** The *Princess Matilda* sails into Liverpool.
7.30 **Attack on Pearl Harbor: Days That Shook the World** An examination of the 1941 Japanese attack on the US Pacific fleet.
8.30 **James May at the Edge of Space** The host flies aboard a U-2 spy plane 70,000ft above Earth.
9.00 **Atomic People** Exploring the human cost from the first and last atomic bombs used in an act of war, when the United States dropped atomic bombs on two Japanese cities in 1945.
10.30 **Timewatch: Napoleon's Last Battle** Documentary drama exploring Napoleon's life and career, focusing on his defeat at Waterloo.
11.35 **Art on the BBC: Van Gogh – Life and Art**
12.35 AM **Timothy Spall: Back at Sea** As 7.00pm.
1.05 **Atomic People**
2.35 **to 3.40** AM **Timewatch: Napoleon's Last Battle**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me**
3.10 **Four in a Bed** British B&B owners do battle in Spain. **3.40** The Hotel la Tartana on Spain's Costa Tropical. **4.15** From The Queens Hotel in Benidorm. **4.50** From the Almond Tree Villa in Murcia. **5.20** The winner is revealed.
5.55 **Kirstie and Phil's Love It or List It** A home in Alnwick, Northumberland.
6.55 **Grand Designs** Kevin McCloud meets Micah Jones, who is planning to transform an old agricultural building in County Down.
7.55 **The Dog House** Rohan meets Patterdale terrier puppy Friday, but there are concerns that the hound may be just a bit too enthusiastic for the youngster.
9.00 **Matt Baker: Our Farm in the Dales** The family call in the experts to help storm-proof the farmhouse that sits 1,000ft above sea level.
10.00 **24 Hours in A&E** A woman is airlifted after being run over by a car.
11.05 **24 Hours in A&E**
12.10 AM **Royal Flying Doctors** New episode 4/8. Pete doubts his instincts. (S2)
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four episodes.
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** The walls close in on Grace and Clare.
7.30 **The Simpsons** *Forgive and Regret:* Grampa makes a confession to Homer that proves hard to reconcile.
8.00 **Below Deck** New edition A picky primary tests chef Nick's patience in the final charter of the season.
9.00 **Gogglebox** Opinions on *Squid Game: The Challenge* and *The Couple Next Door.* **10.00** Appraisals of *Strictly Come Dancing* and *The Graham Norton Show.*
11.05 **First Dates**
12.05 AM **The Big Bang Theory**
1.05 **The Simpsons**
1.35 **Brooklyn Nine-Nine**
2.30 **Modern Family**
2.55 **The Goldbergs**
3.45 **Below Deck**
4.30 **Young Sheldon**
5.20 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Monday primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **The Good Doctor** 10/10. (S7)
12.00 NOON **FBI** 10/22. (S4)
1.00 PM **FBI: International** 10/21. An informant calls Kellett for help in clearing his name. (S1)
2.00 **Caught on Dashcam**
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

9.00 Elsbeth

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 The Equalizer *Aftermath:* 1/18. A new client asks McCall to help him find a group of untraceable bank robbers. (S2)

9 PM

9.00 Elsbeth New episode *Tearjerker:* 13/20. The lawyer investigates the death of a wealthy real-estate developer. (S2)

10 PM

10.00 Blue Bloods *Fake it 'till You Make It:* 10/21. Jamie and his new intel team officer infiltrate a high-tech car smuggling ring. (S13)
11.00 **FBI** 8&9/13. (S6)
1.00 AM **FBI: Most Wanted** (S5)
2.00 **The Rookie** New episode 10/18. Crime drama. (S7)
3.00 **The Good Doctor** 8/10. (S7)
4.00 **NEW SERIES Highway Patrol**
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **True Blood** 5&6/12. (S2)
10.00 **Six Feet Under** (S2)
12.00 NOON **House of the Dragon**
1.10 PM **The Art of Joy** (S1)
3.30 **True Blood** 5/12. Jason is rewarded for his hard work. **4.35** 6/12. Sookie embarks on a dangerous mission. (S2)
5.40 **Six Feet Under** 12/13. Nate learns the truth about Brenda's clandestine activities. **6.45** 13/13. Ruth quits her job at the florist. (S2)

9.00 The Gilded Age

7.50 House of the Dragon *The Green Council:* 9/10. While Alicent enlists help to track down Aegon, members of the Great Houses of Westeros are asked to affirm their allegiance. (S1)

9.00 The Gilded Age New episode *Ex-Communicated:* 7/8. Larry shares a discovery with George. (S3)

10.10 The Time Traveler's Wife 2/6. Henry and Clare try to reset with a second date. Stars Rose Leslie and Theo James. (S1)
11.10 **Homicide: Life on the Street**
12.10 AM **The White Lotus** (S2)
1.25 **Big Little Lies** 6/7. (S2)
2.25 **The Leftovers** 7/10. Laurie makes a rash decision. (S2)
3.30 **House of the Dragon** (S1)
4.35 **In Treatment**
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **Magnum P.I.** 9/20. (S5)
9.00 **Stargate Atlantis** (S2)
11.00 **SEAL Team** 6/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S10)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 14/22. (S5)
5.00 **SEAL Team** 5/22. Bravo Team are sent in to rescue a group of American students. (S2)
6.00 **Stargate Atlantis** 19/20. Sheppard and the team encounter a civilisation about to be destroyed. (S2)

8.10 Rob Beckett's Smart TV

7.05 Stargate Atlantis *Allies:* 20/20. Part one of two. The team are contacted by Michael for information. (S2)

8.10 Rob Beckett's Smart TV With guests Chris McCausland, Jason Watkins, Charlotte Ritchie and Richard Madeley.

9.00 Mr Bigstuff 3/6. Glen is left reeling from an old home video. **9.30** 4/6. Lee and Glen go to a family reunion. (S2)

10.00 FILM Everybody Wants Some!! Comedy starring Blake Jenner. College baseball players enjoy a weekend while preparing to start university in 1980. (2016, 15, 117min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Warrior** 9/10. Chinatown witnesses a prize fight. (S1)
1.00 AM **The Force: Manchester**
2.00 **Hawaii Five-0** 5/22. (S10)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 14/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of Salt Lake City** Reality series.
12.05 PM **Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt Lake City** New edition
6.00 **Celebrity Catchphrase**

9.00 Love Island: The Live Final

7.00 Deal or No Deal Stephen Mulhern hosts as Sami takes on the Banker for the chance to win life-changing money.

8.00 Million Dollar Listing: LA Tracy anticipates doing all the work when she agrees to a co-listing with Flagg.

9.00 Love Island: The Live Final Series finale The 12th series of the reality show comes to a close, as Maya Jama reveals who will walk away with the £50,000 prize.
10.35 G'wed 5/5. It's the 100-year anniversary of Allsbrooke School. (S2)
11.10 **Family Guy** 1/20. Peter goes tries to win an Emmy. (S16)
11.35 **Family Guy** 15/18. (S13)
12.05 AM **American Dad!** (S12)
1.05 **Bob's Burgers** 7/22. (S11)
1.35 **Plebs** 3/8. (S3)
2.05 **G'wed** As 10.35pm.
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *A Hero for Our Time.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *The Maid in Splendour:* A barman from the Maid in Splendour is shot as he walks near a ruined cottage.
5.50 **Heartbeat** *A Long Shot:* Jo makes the assumption that a man has taken violent steps to deal with his truanting son.

8.00 Grace

6.55 Heartbeat *Something of Value:* The truth behind Alf's strange behaviour is revealed, while Nick investigates a break-in.

8.00 Grace *Dead Man's Footsteps:* A sinister inquiry into skeletal remains found in a Brighton storm drain takes Grace down a labyrinthine trail through the past, but it's not only on the professional front that he is chasing ghosts.

10.00 Foyle's War *The Russian House:* Foyle stumbles on an international cover-up involving the War Office which could bring down the British government.
11.50 Broadchurch 5/8. Hardy and Miller re-evaluate the case when a witness comes forward. **12.55** AM 6/8. Ellie and Hardy bring a new suspect in for questioning. (S3)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: The Repair Shop on the Road**
3.15 **Sign Zone: Island Crossings**
4.15 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Travelling Auctioneers** Double bill.
8.30 **Grand Tours of Scotland's Rivers** Following the North Esk south of Edinburgh from the Pentland Hills.
9.00 **Rip It Up** Scotland's pop music history.
10.00 **River City** New episode Lenny returns to Montego Street.
10.30 **Situationships with Sophie and Christine**
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Up for It** Sketches.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** (S1)
9.00 **The Conners** (S1)
10.00 **Vice Principals** (S2)
11.20 **Sex and the City** (S1)
12.30 PM **Silicon Valley** (S6)
1.50 **Vice Principals** (S2)
3.10 **The Rehearsal** 1/6. (S1)
4.00 **Sex and the City** (S1)
5.20 **Hello Ladies** 1/8. Pilot of the comedy. (S1)
6.00 **The Conners** (S1)
7.00 **The Office (US)** (S8&9)
8.00 **Silicon Valley** 7/7. Richard makes a big discovery that changes everything. (S6)
9.00 **Last Week Tonight with John Oliver** New edition
9.45 **Real Time with Bill Maher** New edition
10.55 **Last Week Tonight with John Oliver**
11.40 **Curb Your Enthusiasm**
12.55 AM **Entourage** (S2)
1.55 **Hung** 5&6/10. (S1)
3.05 **How to Make It in America** 2&3/8. (S1)
4.05 **to 5.00** AM **The Rehearsal**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Arts Uncovered**
6.20 **Handel: La Resurrezione**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Julie Andrews Forever**
3.00 **Master Crafters: The Next Generation**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **NEW André Rieu: Power of Love** A 2024 concert in the violinist's home town of Maastricht.
10.00 **Musical Masterpieces**
11.00 **Cirque du Soleil: Nouvelle Experience**
12.30 AM **RSC – All's Well That Ends Well**
3.00 **Will's Book**
4.15 **The Art of Architecture**
5.10 **Auction: David Bowie**
5.35 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 25/26. (S1)
8.00 **Star Trek: Deep Space Nine** 9/26. (S3)
9.00 **FBI** 17/19. (S2)
10.00 **FBI & FBI: Most Wanted** 18/19. (S2)
12.00 M'T **Grimm** 7/22. (S5)
1.00 AM **Britain's Most Evil Killers** The murders of Robert Napper.
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **In for a Penny** Stephen Mulhern hosts the challenge show.
3.00 **Tenable** Double bill of the game show.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Georgia takes on the ruthless Banker.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Alicia takes on the ruthless Banker for the chance to win life-changing money.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **In for a Penny** Stephen Mulhern hosts.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 9/13. (S2)
9.00 **Diagnosis Murder** (S4)
10.00 **Little House on the Prairie** 5&6/22. (S2)
12.00 NOON **Highway to Heaven** 16/25. (S1)
1.00 PM **Father Dowling Mysteries** 1/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 12/25. Klinger writes home to Toledo. **8.30** 13/25. The medics turn saloon-keepers after a brawl. (S8)
9.00 **FILM A Good Year** Comedy drama starring Russell Crowe. (2006, 12, 117min) ★★★
11.30 **The Avengers** (S6)
12.30 AM **M*A*S*H** (S8)
1.30 **Airline USA**
2.00 **Hart to Hart** 9/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **Minder** Double bill.
7.20 **Kojak** Double bill of the drama.
9.30 **Magnum, PI** Double bill.
11.35 **Giant Lobster Hunters**
12.35 PM **The Return of Sherlock Holmes** Mystery drama.
1.45 **Kojak** Double bill of the drama.
3.50 **Magnum, PI** *Thicker Than Blood:* TC is arrested.
4.55 *All Roads Lead to Floyd:* The investigator searches for a missing father.
5.55 **Minder** *Him Indoors:* Arthur is concerned about security.

9.00 RoboCop

7.00 **Junk and Disorderly** The trio head off to the Cotswold Oil Engine and Preservation Society's famous bring and buy sale.

8.00 **King of the Roads** The latest action from the Aberdare Park Road Races, which took place in Mid Glamorgan.

9.00 FILM **RoboCop** Sci-fi crime thriller starring Peter Weller and Nancy Allen. A murdered cop is transformed into an indestructible cyborg policeman. (1987, 18, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa and Bryan Danielson.
1.05 AM **Motorsport UK** The latest action from Thruxton.
2.00 **Two and a Half Men**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 23/26. (S7)
2.00 **Primeval** 3/6. (S1)
3.00 **Stargate Atlantis** 20/20. (S2)
4.00 **Star Trek: Voyager** 6/26. (S7)
5.00 **Star Trek: The Next Generation** 23/26. (S7)
6.00 **Star Trek: Enterprise** 10/22. Archer's mentor boards the ship to conduct a risky teleportation experiment. (S4)

9.00 The Leftovers

7.00 **Primeval** 3/6. Cutter tries to find the mobile anomaly through which an ancient sea monster has travelled to the 21st century. (S1)

8.00 **Stargate Atlantis** *Allies:* 20/20. Part one of two. The team are contacted by Michael for information. (S2)

9.00 **The Leftovers** *Axis Mundi:* 1/10. Return of the mystery drama starring Justin Theroux and Amy Brenneman. (S2)

10.00 **The Walking Dead** *Home Sweet Home:* 17/22. Maggie has returned, and has a story she is not ready to share yet. (S10)

11.00 **Wynonna Earp** 2/12. Wynonna teams up with a new ally to rescue her family.
12.00 M'T 3/12. Wynonna is on the wrong side of the law, and Doc Holliday partners up with a new demon. (S4)
1.00 AM **True Blood** 11 & 12/12. (S5)
3.00 **Primeval** 3/6. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown**
10.00 **The Mentalist** 10/23. (S1)
11.00 **Hudson & Rex** 16/16. (S4)
12.00 NOON **Miss Scarlet and the Duke** 4/6. (S3)
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 10/23. (S1)
5.00 **Hudson & Rex** 16/16. An officer is attacked. (S4)
6.00 **Father Brown** *The Beast of Wedlock:* A mythical wild cat features in the sleuthing cleric's latest investigation.

9.00 Shakespeare & Hathaway

7.00 **Miss Scarlet and the Duke** 4/6. Detective Fitzroy sees one of his colleagues plant evidence on a suspect. (S3)

8.00 **Death in Paradise** *Swimming in Murder:* 5/8. A veteran rock singer is electrocuted in a swimming pool. (S4)

9.00 **Shakespeare & Hathaway: Private Investigators** 9/10. Paranormal activity is reported in a pub.

10.00 **Shakespeare & Hathaway: Private Investigators** 10/10. The duo delve into the world of private tutoring. (S3)

11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 1/14. Drama about a conman who agrees to help the FBI, starring Matthew Bomer. (S1)
1.15 AM **Death in Paradise** As shown at 8.00pm.
2.15 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **I Didn't Know You Cared**
8.00 **Keeping Up Appearances**
8.35 **Only Fools and Horses**
10.10 **Are You Being Served?**
10.50 **Still Open All Hours**
11.30 **Last of the Summer Wine**
12.50 PM **Keeping Up Appearances**
1.30 **I Didn't Know You Cared**
2.10 **Dad's Army**
2.50 **Still Open All Hours**
3.30 **Last of the Summer Wine**
4.50 **Are You Being Served?**
5.30 **Dad's Army**
6.10 **Still Open All Hours**

9.20 Gavin & Stacey

6.50 **Only Fools and Horses** Del-Boy's beloved mum apparently makes contact during a seance at the Nag's Head.

8.00 **Red Dwarf** The crew answer a distress call from a trio of attractive women.
8.40 The crew members plug themselves into a computer game to play in a virtual world.
9.20 **Gavin & Stacey** First episode of the comedy starring Mathew Horne.

10.00 **Gavin & Stacey** The couple have their first ever lovers' tiff.
10.40 **Not Going Out** Lee tries to prove his manliness.
11.20 **The Office** First episode of the comedy starring Ricky Gervais and Martin Freeman.
12.00 M'T **Gavin & Stacey**
1.20 AM **Not Going Out**
2.00 **The Office** As 11.20pm.
2.45 **Here We Go**
3.15 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gassed Up**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Cape Carnage: Killer Catch**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
1.00 PM **Storage Hunters UK: Celebrity Special**
2.00 **Cape Carnage: Killer Catch**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** Rick meets Dawn French.
5.30 Cornwall's china clay pits.
6.00 **Hairy Bikers' Best of British** The history of the potato.

11.00 Taskmaster

7.00 **Would I Lie to You?** With Hugh Dennis, Ben Fogle, Kate Silverton and Craig Revel Horwood. 7 PM
7.40 **Richard Osman's House of Games** With Jayde Adams and Josie d'Arby.
8.20 Mark Billingham, Neil Delamere, AJ Odudu and Lucy Porter take part. 8 PM

9.00 **Have I Got a Bit More News for You** Hannah Fry hosts the satirical quiz, with guests Stephen Mangan and Zing Tsjeng. 9 PM

10.00 **QI** Sandi Toksvig has a testing time with panellists Susan Calman, Maisie Adam, Josh Widdicombe and Alan Davies. 10 PM
11.00 **Taskmaster** With Iain Stirling, Joe Thomas, Lou Sanders, Paul Sinha and Sian Gibson.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.25 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Remarkable Renovations**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Bake Off: The Professionals**
8.00 **Griff's Great American South** Documentary.
9.00 **Queen Victoria: Secret Marriage, Secret Child?**
10.20 FILM **French Exit** Comedy drama starring Michelle Pfeiffer. An ageing Manhattan socialite, living on her inheritance, moves into an apartment in Paris with her son and cat. (2020, 15, 113min) ★★★
12.30 AM **Gogglebox**
2.30 **First Dates**
3.30 **Kirstie and Phil's Love It or List It**
4.30 **to 5.00** AM **Four in a Bed**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 1-3/19. (S5)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Recoil:* 16/19. Ziva becomes involved with a murder suspect.
7.00 *About Face:* 17/19. Two bodies are found at a building site on a Navy base.
8.00 *Judgement Day – Part One:* 18/19. A former NCIS agent is found dead. (S5)
9.00 **NCIS: Hawaii** New episode *Cabin Fever:* 19/22. After the death of an astronaut in a highly sensitive Mars simulation, the team send Ernie into the habitat to investigate alone. (S2)
10.00 **Law & Order: Special Victims Unit** (S16)
12.00 M'T **The Resident** (S3)
1.55 AM **Blue Bloods** (S7)
2.50 **Criminal Minds** (S10)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Extreme Nightmare Tenants** Documentary.
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** A 52-year-old man is injured after being thrown off his motorbike.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **GPs: Behind Closed Doors**
1.00 AM **Absentia** New episodes (S3)
2.35 **Casualty 24/7: Every Second Counts**
3.25 **Home and Away**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Outback Truckers**
10.15 **Trucking Hell**
11.15 **Traffic Cops**
12.15 PM **Police Interceptors**
2.20 FILM **Kansas Raiders** Western starring Audie Murphy and Brian Donlevy. During the Civil War, the young Jesse James joins a ruthless band of renegade Confederates. (1950, PG, 80min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 **Ice Road Truckers**
11.00 **MacGyver** 1/21. (S1)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Warship: Life at Sea** Documentary.
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 NEW SERIES **MasterChef Australia** A group of 24 returning contestants arrive at the kitchen for a shot at the trophy.
8.30 **The Secret Life of 4, 5, 6 Year Olds Australia** Nina, Keanu, Sadie and Archie have their curiosity and fears put to the test.
9.30 **Inside the Ambulance**
10.00 **One Born Every Minute** Double bill.
12.00 M'T **999 Rescue Squad**
1.00 AM **Inside the Ambulance**
1.35 **to 3.00** AM **Changing Rooms Australia**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.25 **Doctors**
9.35 **Classic Holby City**
10.40 **Classic Casualty**
11.45 **The Bill**
12.45 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **The Doctor Blake Mysteries**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Inspector Lynley Mysteries** *One Guilty Deed:* 2/4. Havers is forced to face her demons. (S5)
10.00 **New Tricks** *The Girl Who Lived:* A retired detective helps the team.
11.20 **Spooks** 3/10. (S4)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Birds of a Feather**
2.50 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

MONDAY Entertainment

Monday

Really
142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** From Devon.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** An auction in Rayleigh. **8.00** Items in East Anglia include uranium glass and a suitcase.
9.00 **The Yorkshire Auction House** New edition A roofer-turned-artist looks sell his sculptures for a small fortune. **10.00** Angus uncovers a rare coin collection. **11.00** Angus is in Newcastle to clear out a home full of books.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** Gemma Atkinson and Antony Cotton play for charity.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill of the darts-based quiz.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz hosted by Chris Tarrant.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the big-money quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **Wild West Chronicles** Western.
9.00 **Wanted: Dead or Alive**
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Bad Man's River** (1972, 12) ★
3.05 **FILM Good Day for a Hanging** (1958, U) ★★
5.00 **FILM Prairie Fever** Western. (2008, PG, 81min) ★★★
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM Missing in Action 2** Adventure prequel. (1985, 18, 91min) ★★
11.05 **FILM Predestination** Sci-fi thriller. (2014, 15, 98min) ★★★★
1.10 AM **FILM Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
3.00 **Cops Uncut** Triple bill.
4.30 **to 5.00** AM **Air Rescue**
+1 hour 324 319

GREAT! movies
321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7**
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mystery** Crime drama. (2013, PG, 90min) ★★
1.00 PM **FILM A Teacher's Obsession** Thriller. (2015, PG, 83min) ★★
2.50 **FILM Early Release** Thriller. (2017, PG) ★★
5.00 **FILM I Almost Married a Serial Killer** Thriller. (2019, 12, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM The Shanghai Job** Action thriller starring Orlando Bloom. (2017, 15, 95min) ★★
11.05 **FILM The Daughter Stalker** Thriller. (2020, PG, 86min) ★★
1.10 AM **FILM Ties That Bind** Thriller. (2010, PG) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Retribution** Drama. (2012, PG, 80min) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM A Love to Remember** Drama. (2021, PG, 90min) ★★
10.05 **FILM All of My Heart** Drama. (2015, PG) ★★
12.10 PM **FILM Welcome to Valentine** Drama. (2023, PG, 85min) ★★
2.00 **FILM Blue Moon Ball** Drama with Eric Lutz. (2021, U, 95min) ★★
4.00 **FILM Love Blossoms** Romantic drama. (2017, PG, 80min) ★★
5.55 **FILM Harvest Love** Romantic drama. (2017, PG, 84min) ★★
8.00 **FILM All Yours** Comedy. (2016, PG, 84min) ★★
9.55 **FILM The 27-Hour Day** Romantic drama. (2021, PG, 84min) ★★
11.50 **FILM Love, For Real** Romantic comedy. (2021, PG, 84min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Blue Moon Ball** As 2.00pm.
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
11.00 **I Dream of Jeannie**
11.30 **Don't Drink the Water**
12.00 NOON **Carry On Laughing** 4/7. (S2)
12.30 PM **Jokers Wild**
1.00 **FILM Cyrano de Bergerac** (1950) ★★★
3.10 **That's My Dog**
3.40 **Mysterious Tales**
3.45 **Auto Rewind**
4.00 **Blue Thunder** 9/11. (S1)
5.00 **Lucky Feller** 8/13. (S1)
5.30 **You're Only Young Twice** 3/7. (S1)
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S3)
7.00 **I Dream of Jeannie** (S1)
7.30 **Jokers Wild**
8.00 **Don't Drink the Water**
8.30 **Lucky Feller** 8/13. (S1)
9.00 **Bramwell** 7/8. (S2)
10.00 **Soap** 20/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Born to Be Sold** (1982, 12) ★
2.00 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Yukon Men**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The fishermen face winter hurricanes and mutiny. **8.00** Life in the Alaskan crab-fishing fleet.
9.00 **Body Bizarre** Ylena's neck dislocates at the slightest movement. **10.00** A man with a rare bone eating disease.
11.00 **Gold Divers**
12.00 M'T **Speedway Grand Prix** Highlights from round seven in Latvia.
12.30 AM **Wheeler Dealers**
1.00 **Naked and Afraid**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Paul Hollywood: City Bakes** Bergen.
7.00 **Barefoot Contessa**
8.00 **Paul Goes to Hollywood**
9.00 **River Cottage Every Day**
10.00 **Hairy Bikers'...**
11.00 **Great British Bake Off**
1.00 PM **Paul Hollywood: City Bakes** Bergen.
2.00 **James Martin's American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Every Day**
6.00 **Hairy Bikers' Mississippi Adventure**
7.00 **Great British Bake Off**
9.00 **Tom Kerridge's Best Ever Dishes**
10.00 **Maneet's Eats**
10.30 **Nadiya Bakes**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 20/25. (S7)
9.00 **The Fall Guy** 17/23. (S2)
10.00 **Knight Rider** 8/22. (S4)
11.00 **FILM Alien Convergence** Thriller. (2017, 15, 110min) ★★
1.00 PM **FILM The Day of the Triffids** Sci-fi chiller. (1962, 12, 95min) ★★
3.00 **FILM The People That Time Forgot** Fantasy. (1977, U, 96min) ★★
5.00 **Star Trek** 9/24. (S3)
6.00 **Knight Rider** 9/22. (S4)
7.00 **The Fall Guy** (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM 2 Guns** Thriller. (2013, 15, 104min) ★★★
11.10 **FILM The Enforcer** Crime action thriller. (2022, 18, 90min) ★★
1.00 AM **FILM Daylight Robbery** Thriller. (2008, 15, 98min) ★★★
3.00 **to 5.00** AM **FILM The House That Dripped Blood** Horror chiller. (1970, 12, 101min) ★★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Airplane vs Volcano** As 5.00pm.
8.00 **FILM Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
10.00 **The Lost World** (S3)
11.00 **FILM Moby Dick** Thriller. (2010, 12, 87min) ★★
1.00 PM **The Gambler Returns: The Luck of the Draw** 1/2. Drama.
3.00 **The Lost World** (S3)
4.00 **The A-Team** 10/23. (S4)
5.00 **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 1/23. (S4)
9.00 **FILM Cold in July** Crime thriller. (2014, 15, 108min) ★★★★
11.10 **FILM The Internecine Project** Spy thriller. (1974, 15, 89min) ★
1.00 **to 3.00** AM **FILM Dracula – Prince of Darkness** Horror chiller. (1965, 15, 90min) ★★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From St Albans.
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Files Reopened**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Files Reopened**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Secret Societies: In the Shadows**
10.00 **World's Greatest Treasure Mysteries**
11.00 **Forbidden History**
12.00 M'T **Strangest Things**
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Amazing Railway Adventures** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Spain.
12.00 NOON **Reuben: Life in the Dales**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
5.30 **The Yorkshire Vet**
6.00 **All Creatures Great and Small**
7.00 **Reuben: Life in the Dales** Documentary.
8.00 **Ben Fogle: New Lives in the Wild** Maine.
9.00 **Susan Calman's Cruise of a Lifetime**
10.00 **Summer in the Scilly Isles** Documentary.
11.00 **All Creatures Great...**
12.00 M'T **Yorkshire Great and Small**
1.00 AM **Amazing Railway Adventures** Double bill.
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **Mini Reni** New editions A magical playroom. **9.30** Practical spaces.
10.00 **Celebrity IOU** New edition Zach Braff gifts a special renovation to his best friend.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Extreme Sisters**
8.00 **My Big Fat Fabulous Life**
9.00 **1000-lb Sisters**
10.00 **Baylen Out Loud**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Medical series.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **Baylen Out Loud**
3.00 **Body Bizarre**
4.00 **My Big Fat Fabulous Life**
5.00 **to 6.00** AM **Extreme Cheapskates**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S5)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** 12-15/24. (S4)
1.00 PM **Friends** (S4&5)
9.00 **Stupid Central** New editions Including footage of disasters caught on door cams. **9.30** Including footage of influencers gone wrong and a host of skateboarding disasters.
10.00 **Kevin Bridges: A Whole Different Story**
11.00 **NEW MTV Cribs: Comedians Specials** The homes of Big Zuu and Charity Shop Sue.
11.30 **Whose Line Is It Anyway? USA**
12.30 AM **South Park** (S13)
2.00 **Broad City** (S2)
3.00 **CC Live: Stand Up Shorts** Triple bill.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 8&9/13. (S2)
11.00 **Friends** 3-6/24. (S8)
1.00 PM **Impractical Jokers**
2.00 **Daria** 10&11/13. (S2)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** 12-15/24. (S4)
9.00 **New Girl** 1/22. Jess tries to get her mind off Nick. **9.30** 2/22. Jess and Cece make a bet. (S6)
10.00 **Friends** (S4&5)
1.00 AM **Beavis and Butt-Head** (S4)
2.00 **Key & Peele**
3.00 **Whose Line Is It Anyway? USA**
3.45 **Comedy Central Live**
4.30 **Channel Hopping with Jon Richardson**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S6)
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Bull** 11&12/22. (S6)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars**
10.00 **Reginald the Vampire** 1&2/10. Comedy. (S1)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** Sports quiz.
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars** Double bill.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: Teams**
2.00 **Catfish: The TV Show**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2**
7.00 **Celebs on the Ranch**
8.00 **Teen Mom UK: Next Generation**
9.00 **Skin A&E**
10.00 **Ink Master: OGs vs Young Guns** New edition
11.00 **Ink Master Redemption** New edition Tatu Baby and King Ruck work on unhappy canvases.
11.30 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and guest host Rocsi Diaz get fit at the crib.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Love at First Lie**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush: Mine Rescue with Freddy & Juan**
5.00 **Building Off the Grid** A pair of outdoorsmen build a cabin in southern Colorado.
6.00 **Border Control: Spain** Double bill of the series following the work of the Security and Customs Services at Spain's borders.

9.00 The Lost Lincoln

7.00 **Wheeler Dealers** Mike has found a rare Peugeot 405 while in Portugal – but finding parts isn't going to be easy.

8.00 **Roadworthy Rescues** Derek Bieri extracts a 1967 Ford Mustang that has sat dormant for 28 years and restores it.

9.00 **The Lost Lincoln** A professional authenticator investigates whether a newly discovered photograph could be the final image of President Abraham Lincoln following his fatal shooting in 1865.

11.00 **Border Control: Europe** A man smuggles tobacco. **11.30** An inspection uncovers undeclared syringes.
12.00 M'T **Moonshiners**
1.00 AM **The Lost Lincoln**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Animal Cribs**
9.00 **Saved by the Barn**
10.00 **Tanked** An elegant aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Animal Cribs** A basement is turned into a snake habitat. **4.00** Antonio meets a family with two bearded dragons stuck in a tank in a bedroom.
5.00 **Lone Star Law** A search for a home for an alligator.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff performs an operation.

7.00 Treehouse Masters

7.00 **Treehouse Masters** Pete Nelson creates a climber's haven for an arboreal couple whose love of trees rivals his own.

8.00 **Expedition Bigfoot** Mireya and Ronny return to where they think they heard whistles and saw glowing eyes.

9.00 **Alaska: The Last Frontier** The Kilchers put their own distinctive spin on the traditional Secret Santa gift exchange.

10.00 **Alaskan Bush People** When an ostrich lays its first egg, the Brown siblings rush to work out how to incubate it.

11.00 **Pit Bulls & Parolees** Tania goes to California to fetch a former rescue centre dog after its owner dies.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Expedition Bigfoot**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Colossal Machines**
2.00 PM **Apocalypse: The Fall of Hitler** Double bill of editions.
4.00 **Destruction Decoded** The dark side of space exploration.
5.00 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a Bond Bug three-wheeler.
6.00 **World War II: The Apocalypse** Examining the truth behind France's defeat.

8.00 Hurricane Katrina

7.00 **Air Crash Investigation** The case of a plane that crashed into a seawall at San Francisco International Airport.

8.00 **Hurricane Katrina: Race Against Time** New edition Three days into the flood, rescue operations continue.

9.00 **Hurricane Katrina: Race Against Time** New edition In New Orleans, General Honoré is pressured to use force.

10.00 **Trafficked with Mariana Van Zeller** New edition Mariana investigates the mysterious next wave of America's opioid crisis.

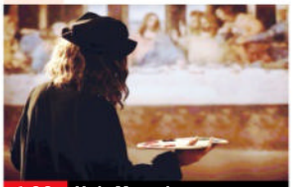
11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Made in a Day** Tabasco sauce.
2.55 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Pawn Stars Do America**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There** Documentary.
1.00 PM **Holy Marvels with Dennis Quaid** As 8.00pm.
2.00 **Mountain Men: Alaska**
2.55 **Pawn Stars** Documentary.
3.15 **Clash of Ancient Warriors**
5.00 **What on Earth?**
6.00 **American Pickers** A collection that includes monsters.



1.00 Holy Marvels

7.00 **Forged in Fire** The bladesmiths battle it out to recreate one of Japan's deadliest swords – the Nagamaki.

8.00 **Holy Marvels with Dennis Quaid** New edition Secret codes embedded in texts, paintings and the Earth.

9.00 **Pharaohs at War** New edition The Battle of Kadesh, fought between the Egyptian Empire and the Hittite Empire.

10.00 **Discovered by Disaster** Series finale Unexpected things revealed by disasters – both natural and human made.

11.00 **What on Earth?** Images of the jungles of Colombia lead scientists on a search.
12.00 M'T **Close Encounters** A saucer-shaped object rises out of a lagoon.
12.55 AM **The Proof Is Out There**
1.50 **Pharaohs at War** As 9.00pm.
2.50 **What on Earth?**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Warbird Workshop**
11.00 **World War Weird**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Warbird Workshop** The team reassemble an L39 Jet.
5.00 **World War Weird** The story of a bear that fought alongside the Polish army.
6.00 **Antiques Roadshow** A visit to Aberystwyth Arts Centre.

7.00 Ireland with Simon Reeve

7.00 **Ireland with Simon Reeve** Simon explores the history of both the Republic of Ireland and Northern Ireland.

8.00 **Canal Boat Diaries** Robbie Cumming tries to tackle the River Ouse. **8.30** The north of England and the Midlands.

9.00 **Tropic of Cancer with Simon Reeve** Tracing the path of the northern tropic around the globe, starting in Mexico.

10.00 **Bangers & Cash** Derek travels to the Lancashire coast to pick up a rare 1972 Citroen SM, and Dave admires a Punto.

11.00 **Bangers & Cash** A rare 1980s Sierra Cosworth draws fans.
12.00 M'T **Abandoned Engineering** A forgotten complex with an explosive history in Poland.
1.00 AM **Ireland with Simon Reeve** As shown at 7.00pm.
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Shed and Buried**
9.00 NEW SERIES **Mike Brewer: Born Dealer** Life at the trader's dealership in Warwick.
10.00 **Dream Jobs with Chris Hoy** New editions The cycling legend tries his hand at Porsche racing. **10.30** Chris experiences the Gymkhana Grid.
11.00 **How Do They Do It?**
1.00 AM **Vintage Voltage**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: The Big Day**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Four editions.
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New edition
10.00 **American Detective with Lt Joe Kenda**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** A series of fires rip through California's San Joaquin Valley, killing four people.
8.00 **Donal MacIntyre's UK Killer Evidence** Police investigate the murder of PCSO Julia James.
9.00 **Shocking Crimes: Murder Book** The case of Vieng Phovixay.
10.00 **It Takes a Killer** Police investigate the apparent carjacking of a husband and wife. **10.30** A triple homicide destroys a family.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Donal MacIntyre's UK Killer Evidence**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** The murder of Barbara Carr in 1986. **3.00** The murder of Danielle Clause in 1991.
4.00 **Medical Detectives** The abduction and murder of a nine-year-old girl. **4.30** The mysterious disappearance of a young woman. **5.00** The sudden death of a rich woman. **5.30** The hunt for an elderly woman's killer. **6.00** How authorities were able to trace a gun without a serial number. **6.30** A look at how the FBI identified a St Louis serial killer.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Patrol**
6.30 **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops UK**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murder Uncut**
1.00 PM **Britain's Most...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murder Uncut**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Killer Within**
1.00 AM **Murders That Shocked the Nation**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Bronze Age Apocalypse**
9.00 **Wrecks That Changed the World**
10.00 **Lincoln: Divided We...**
10.55 **Race to Victory**
11.55 **Bronze Age Apocalypse**
1.00 PM **Wrecks That Changed the World**
2.00 **Peru, Sacrifices in the Kingdom of Chimor**
3.05 **Lincoln: Divided We Stand** Documentary.
4.00 **Race to Victory**
5.00 **Bronze Age Apocalypse**
6.00 **Wrecks That Changed the World** U-Boats.
7.00 **Peru, Sacrifices in the Kingdom of Chimor**
8.05 **Lincoln: Divided We Stand** Documentary.
9.00 **Race to Victory**
10.00 **Bronze Age Apocalypse**
11.05 **Lincoln: Divided We Stand** Documentary.
12.00 M'T **Race to Victory**
1.00 **to 2.00** AM **Wrecks That Changed the World**

MONDAY

Monday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Diane Keaton**
8.00 **The Directors** James Cameron.
9.00 **McMillion$** Documentary.
10.00 **The Lady and the Dale**
11.00 **The Man Who Played with Fire**
12.00 NOON **FILM The Beatles: Eight Days a Week – The Touring Years** Director Ron Howard's documentary charting the band's time on the road. (2016, 12, 113min) ★★★★
2.00 PM **FILM Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
4.00 **Discovering: Diane Keaton**
5.00 **The Directors** James Cameron.
6.00 **McMillion$** Documentary.
7.00 **The Ringleader: The Case of the Bling Ring**
9.00 **David Fuller: Monster in the Morgue** Double bill.
11.00 **Life of Crime 1984-2020**
1.15 AM **Meth Storm**
3.00 **BS High** The story of the Bishop Sycamore Centurions.
5.00 **to 6.00** AM **Discovering: Diane Keaton**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Vet Adventures**
7.00 **Monkey Life**
8.00 **Gangs of Baboon Falls**
9.00 **Islands** Vancouver.
10.00 **Brazil Untamed**
11.00 **Extreme Snakes: Africa**
12.00 NOON **Predators**
1.00 PM **Monkey Life**
2.00 **Gangs of Baboon Falls**
3.00 **Islands** Vancouver.
4.00 **Brazil Untamed**
5.00 **Uptown Otters**
6.00 **Predators** Documentary.
7.00 **Monkey Life** The European Creche for Orphan Orangutans.
8.00 **Airborne** How animals use air to their advantage.
9.00 **Undiscovered Vistas**
10.00 **Predators** A brotherhood of cheetahs lose their hunting ground to a bushfire.
11.00 **Uptown Otters**
12.00 M'T **Extreme Snakes: Africa**
1.00 AM **Evolution Earth**
2.00 **Airborne** As 8.00pm.
3.00 **Undiscovered Vistas**
4.00 **Gangs of Baboon Falls**
5.00 **to 6.00** AM **Islands**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Secrets in the Sand**
9.00 **Hitler's Engineers**
10.00 **National Park Mysteries**
11.00 **Ancient Aliens**
1.00 PM **Egypt's Unexplained Files**
2.00 **Al Murray: Why Does Everyone Hate the English?**
3.00 **Empire Builders**
4.00 **Conspiracy Files: Unsealed**
5.00 **Ultimate Mysteries**
6.00 **Dirty Old Cars**
7.00 **Close Encounters Down Under**
8.00 **Curse of the Ancients** The notion that man's ancestors believed they were cursed.
9.00 **Ross Kemp: Deep Sea Treasure Hunter** Exploring the remnants of some of the most significant moments in British history.
10.00 **Conspiracy Files: Unsealed**
10.30 **Conspiracy: Bio-Hazard Island**
11.00 **The Lost City of Ramses II**
12.00 M'T **Ancient Aliens**
2.00 AM **Hitler's Engineers**
3.00 **Egypt's Unexplained Files**
4.00 **Secrets in the Sand**
5.00 **to 6.00** AM **Close Encounters Down Under**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files: Murder in the Bayou** Documentary.
7.00 **Homicide Hunter**
8.00 **Killer Town** True-crime.
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Secrets of the Morgue**
1.00 PM **Murder by Medic**
2.00 **Interrogation Secrets**
3.00 **Murdertown**
4.00 **Murder Detective**
5.00 **Critical Evidence**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder by Medic**
9.00 **When Missing Turns to Murder** New edition
10.00 **West End Murders**
11.00 **Faces of Evil** Patrick Kearney.
12.00 M'T **Murder by Medic**
1.00 AM **When Missing Turns to Murder** Tom Cressman.
2.00 **An Hour to Kill**
3.00 **Last Night Out** New edition
4.00 **Critical Evidence**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Heartland Docs**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Saving Giraffes: The Long Journey Home** Documentary.
3.00 **Heartland Docs**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **NEW Death at the River** A journey through Africa's wild rivers, where only the toughest animals thrive.
8.00 **Africa's Deadliest** Predators that lurk in Africa's rivers.
9.00 **World's Deadliest Jellyfish** Dangerous types of jellyfish.
10.00 **Northwoods Survival**
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Documentary.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **NASA's Unexplained Files**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X** Phil and Jess test a mind-bending theory.
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **NASA's Unexplained Files**
9.00 **Secrets Underground** Rob Nelson seeks a mass grave that could harbour a dark secret.
10.00 **How Do They Do It?** How islanders of the Outer Hebrides weave Harris tweed.
10.30 Deliveries made to the International Space Station.
11.00 **Savage Builds**
12.00 M'T **The 1980s: The Deadliest Decade** Documentary.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Inside the Ambulance**
11.00 **999 Rescue Squad**
1.00 PM **Inside the Ambulance**
5.00 **999 Rescue Squad**
7.00 **Inside the Ambulance** Gaz and Mike rush a small baby in with suspected meningitis.
8.00 Michelle and Hannah help a man having a devastating anxiety attack in the street.
9.00 Loz and student paramedic Dan are called out in the middle of the night to a 72-year-old who has pressed her panic button after waking up with agonising chest pain.
10.00 Hannah and Mike are called to a young woman who has had a fit in the street.
11.00 **999 Rescue Squad** The Hazardous Area Response Team are called to help defuse a bomb found in Wakefield.
12.00 M'T The crew deal with a suspected acid attack on the streets of Bradford.
1.00 AM **Inside the Ambulance**
4.35 **to 6.00** AM **999 Rescue Squad**

+1 hour 266 376

ID

154 141 166

8.00 AM **I'd Kill for You**
9.00 **The Night That Didn't End**
11.00 **Swamp Murders**
1.00 PM **Nightmare Next Door**
3.00 **The Perfect Murder**
5.00 **Married to Evil** Double bill.
7.00 **Where Murder Lies** When Lori Ruff's body was found with a gunshot wound to the head, her family and friends were left reeling.
8.00 When a young man who was next in line to inherit a family ranch in Colorado went missing in 2015, an investigation revealed lies, greed and deceit.
9.00 **Faking It: Tears of a Crime** The false allegations of Carl Beech, a father of one who was found guilty of 12 counts of perverting the course of justice.
10.00 **On the Case with Paula Zahn**
11.00 **Death by Fame**
12.00 M'T **The Curious Case of Natalia Grace** Double bill.
2.00 AM **Married to Evil**
4.00 **to 6.00** AM **Where Murder Lies**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Vintage Voltage**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** A Ford Lightning.
4.00 **Rockin' Roadsters**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** A 1966 Chevy Impala convertible gets a full makeover.
9.00 **Richard Hammond's Workshop** The team try to win a rare 1950s Porsche 356.
10.00 **Texas Metal** Jeep Gladiator.
11.00 **Shed and Buried** Double bill.
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Vintage Voltage**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

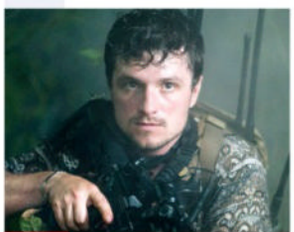
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.50 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
8.20 **The Thicket** As 4.00pm.
10.10 **Kraven the Hunter** (2024)
12.20 PM **Long Gone Heroes** (2024)
2.10 **The Room Next Door** (2024)
4.00 **The Thicket** Drama starring Peter Dinklage and Juliette Lewis. (2024, 15, 108min)
5.50 **Kraven the Hunter** Fantasy adventure with Aaron Taylor-Johnson and Russell Crowe. (2024, 15, 127min) ★★★



8.00 Long Gone Heroes

8.00 Long Gone Heroes Action thriller starring Eden Brolin. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. With Andy Garcia. (2024, 15, 101min)

9.45 The Room Next Door Pedro Almodovar's drama starring Tilda Swinton and Julianne Moore. A pair of old friends are reunited in unusual circumstances. (2024, 12, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Rumours** Comedy horror starring Cate Blanchett. (2024, 15, 104min) ★★★
1.35 AM **Running on Empty** Comedy starring Keir Gilchrist, Lucy Hale and Monica Potter. (2024, 15, 91min) ★★★
3.10 **Sacramento** Comedy drama starring Michael Angarano. (2024, 15, 89min) ★★★
4.45 **to 6.35** AM **The Thicket**

Sky Cinema Hits

303 303 403 503 517

6.10 AM **The Secret Life of Pets**
7.40 **Star Trek The Motion Picture** Adventure. (1979, U) ★★★
9.50 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
11.25 **Chicago** (2002, 12) ★★★★
1.20 PM **The Secret Life of Pets** Animation. (2016, U) ★★★
2.50 **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
4.30 **The Woman in Black** Chiller. (2012, 12, 91min) ★★★★
6.10 **Insidious** (2010, 15) ★★★★

8.00 Interstellar

8.00 Interstellar Sci-fi drama starring Matthew McConaughey and Anne Hathaway. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. With Michael Caine and Jessica Chastain. (2014, 12, 166min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 Django Unchained Quentin Tarantino's Oscar-winning Western starring Jamie Foxx, Christoph Waltz, Leonardo DiCaprio and Samuel L Jackson. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.35 AM **The Firm** John Grisham legal thriller starring Tom Cruise and Holly Hunter. (1993, 15, 155min) ★★★
4.10 **to 6.35** AM **The Great Gatsby** Drama with Robert Redford and Mia Farrow. (1974, 12, 146min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.10 AM **Oh! What a Lovely War**
9.45 **The Young Messiah** As 10.15pm.
11.45 **Young at Heart** Romantic musical. (1954, U, 117min) ★★★
1.50 PM **Bob Marley: One Love** Drama. (2023, 12, 104min) ★★★
3.45 **Rurangi** Drama with Elz Carrad. (2020, 15, 87min) ★★★★
5.25 **Oh! What a Lovely War** Musical with Ralph Richardson. (1969, PG, 144min) ★★★★

8.00 The Danish Girl Period drama starring Eddie Redmayne and Alicia Vikander. An artist in 1920s Copenhagen becomes one of the first people to undergo sex reassignment surgery. (2015, 15, 117min) ★★★
10.15 The Young Messiah Biblical drama starring Adam Greaves-Neal and Sean Bean. A seven-year-old Jesus, still discovering the extent of his gifts, is pursued by a Roman centurion. (2016, 12, 111min) ★★

12.20 AM **Rurangi** As 3.45pm.
2.00 **Pawn Sacrifice** Sports drama starring Tobey Maguire, Liev Schreiber and Peter Sarsgaard. (2014, 12, 115min) ★★★★
4.10 **to 6.20** AM **Minyan** Drama starring Samuel H Levine. (2020, 15, 130min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.20 AM **The Front Room** As 4.00am.
9.05 **Slingshot** Sci-fi action thriller. (2024, 15, 108min) ★★★
10.55 **The Woman in Black: Angel of Death** Horror thriller sequel. (2014, 15, 95min) ★★★
12.40 PM **After Earth** Adventure. (2013, 12, 98min) ★★
2.25 **Congo** Michael Crichton's jungle adventure starring Laura Linney. (1995, 12, 108min) ★★★

4.20 **The First Purge** Thriller prequel. (2018, 15, 98min) ★★
6.00 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. (2023, 15, 109min) ★★
8.00 **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★
10.15 **Annabelle** Horror spin-off starring Annabelle Wallis. A couple are attacked by members of a satanic cult, who transform a vintage doll into a monster. (2014, 15, 97min) ★★

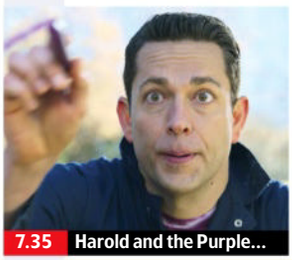
12.05 AM **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
2.10 **Night Swim** Horror thriller. (2024, 15, 98min) ★★
4.00 **The Front Room** Horror thriller. (2024, 15, 94min) ★★
5.50 **to 7.55** AM **Omni Loop** Drama. (2024, 12, 112min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.35 AM **Ride On** (2023, PG) ★★★
8.45 **The Karate Kid** As 11.15pm.
11.10 **My Penguin Friend** (2024)
12.50 PM **The Portable Door** (2023)
2.50 **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★★
4.20 **Bean** Comedy spin-off. (1997, PG, 90min) ★★★
6.00 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
7.35 **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★



Harold and the Purple Crayon
(film started at 7.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 The Portable Door Fantasy adventure starring Christoph Waltz, Sam Neill, Patrick Gibson and Sophie Wilde. Two interns eventually discover the true agenda of the corporation where they work. (2023, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **The Karate Kid** Martial arts family drama starring Jaden Smith and Jackie Chan. (2010, PG, 140min) ★★★
1.35 AM **Blueback** Drama with Mia Wasikowska and Eric Bana. (2022, PG, 102min) ★★★
3.20 **My Penguin Friend** Family drama starring Jean Reno. (2024, PG, 100min) ★★★★
5.00 **to 6.50** AM **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★

Sky Cinema Action

307 307 407 507 521

6.45 AM **Swordfish** Action thriller. (2001, 15, 99min) ★★★
8.30 **Retribution** (2023, 12) ★★
10.05 **Bad Boys: Ride or Die** (2024)
12.05 PM **Aquaman** Adventure. (2018, 12, 143min) ★★★
2.30 **2 Fast 2 Furious** Thriller sequel. (2003, 12) ★★★
4.20 **Godzilla x Kong: The New Empire** Adventure sequel. (2023, 12, 115min) ★★★
6.15 **Long Gone Heroes** Action thriller. (2024, 15, 101min)

8.00 Star Trek Into Darkness Sci-fi adventure sequel starring Chris Pine and Zachary Quinto. The USS *Enterprise* pursues a rogue Federation officer with a secret past. With Benedict Cumberbatch and Karl Urban. (2013, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

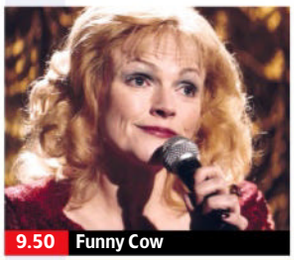
10.15 Bad Boys: Ride or Die Action adventure sequel starring Will Smith and Martin Lawrence. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Jackie Chan's Police Story** Martial arts comedy. (1985, 15, 98min) ★★★★
2.10 **Police Story 3: Supercop** Crime action thriller sequel. (1992, 15, 91min) ★★
3.50 **Seeking Justice** Thriller with Nicolas Cage and January Jones. (2011, 15, 104min) ★★
5.45 **to 7.45** AM **Terminator Salvation** Sci-fi thriller sequel. (2009, 12, 110min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **Wimbledon** (2004) ★★★
9.10 **HouseSitter** (1992, PG) ★★★
11.00 **Ace Ventura: When Nature Calls** (1995, PG) ★★★
12.40 PM **The Nutty Professor** Comedy. (1996, 12) ★★★
2.20 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
4.15 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
6.15 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★



8.00 Horrible Bosses Farcical comedy starring Jason Bateman, Charlie Day and Jason Sudeikis. Three longtime friends hatch a plot to get rid of their tyrannical employers. With Jennifer Aniston. (2011, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Funny Cow Drama starring Maxine Peake. A stand-up comedian fights for success on the working men's club scene of northern England. (2017, 15, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **'About Last Night...'** Comedy drama. (1986, 18, 113min) ★
1.40 AM **The Book of Clarence** Comedy with LaKeith Stanfield. (2023, 15, 129min) ★★★
3.55 **David Brent: Life on the Road** Mockumentary comedy. (2016, 15, 96min) ★★
5.45 **to 8.00** AM **Knocked Up** Comedy starring Seth Rogen. (2007, 15, 129min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

8.15 AM **False Positive** Horror. (2021, 15, 92min) ★★
10.00 **Into the Deep** Thriller. (2022, 15, 90min) ★★★
11.40 **Some Other Woman** Thriller. (2023, 15, 85min) ★★★
1.20 PM **Sherlock Holmes: A Game of Shadows** Adventure sequel. (2011, 12, 128min) ★★★
3.40 **Caddo Lake** Crime thriller. (2024, 12, 99min) ★★★
5.35 **The Island** Sci-fi thriller. (2005, 12, 136min) ★★★

8.00 Ocean's Eight Crime caper starring Sandra Bullock, Anne Hathaway and Mindy Kaling. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. With Cate Blanchett. (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 K-19: The Widowmaker Cold War thriller starring Harrison Ford. A Soviet atomic submarine's reactor cooling system springs a leak, threatening an explosion that could trigger World War Three. (2002, 12, 138min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Sum of All Fears** Thriller starring Ben Affleck. (2002, 12, 119min) ★★★★
2.45 **The Cinema List**
3.05 **Kill** Thriller with Brian Vernel. (2023, 15, 94min) ★★★
4.50 **to 6.30** AM **Mob Cops** Crime drama. (2024, 15, 87min) ★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Golden Voyage of Sinbad** Fantasy adventure. (1973, U, 104min) ★★★
1.20 PM **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
3.45 **The Caine Mutiny** Drama. (1954, U, 119min) ★★★★
6.20 **The Hunt for Red October** Suspense thriller with Sean Connery and Alec Baldwin. (1990, PG, 135min) ★★★★

The Hunt for Red October
(film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Men in Black 3 Sci-fi action comedy sequel starring Will Smith, Tommy Lee Jones and Josh Brolin. Wisecracking Men in Black agent J goes back in time to 1969 to save the life of the young Agent K. With Emma Thompson. (2012, PG, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 Everything Everywhere All at Once Fantasy comedy starring Michelle Yeoh. A middle-aged Chinese immigrant is swept up into an adventure in which she alone can save existence by exploring other universes. (2022, 15, 140min) ★★★★
1.55 **to 4.00** AM **Anna and the Apocalypse** Comedy horror. (2017, 15, 98min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Favourites

302 302 402 502 516

7.40 AM **The Five-Year Engagement**
9.45 **The Mummy** Action adventure. (1999, 15, 124min) ★★★★
11.50 **The Mummy Returns** Fantasy sequel. (2001, 12) ★★★★
2.05 PM **The Mummy: Tomb of the Dragon Emperor** Adventure sequel. (2008, 12, 112min) ★★★
4.00 **Eternal Sunshine of the Spotless Mind** Comedy. (2004, 15, 108min) ★★★★★
5.50 **Valentine's Day** Romantic comedy starring Ashton Kutcher. (2010, 12, 125min) ★★★
8.00 **Anyone But You** Romantic comedy starring Sydney Sweeney. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
9.45 **It Ends with Us** Romantic drama starring Blake Lively. A woman's abusive relationship is shaken after her first love reappears. (2024, 15, 125min) ★★★
12.00 M'T **Lost in Translation** Drama. (2003, 15, 102min) ★★★★★
1.50 AM **Eternal Sunshine of the Spotless Mind** As 4.00pm.
3.40 **Get Away** Comedy horror. (2024, 15, 100min) ★★★★
5.10 **to 7.15** AM **The Five-Year Engagement** (2012, 15) ★★★

Sky Cinema Greats

304 304 404 504 518

7.50 AM **Rear Window** As 6.05pm.
9.45 **Vertigo** Alfred Hitchcock's thriller starring James Stewart. (1958, PG, 128min) ★★★★★
11.55 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
2.05 PM **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
4.05 **Shane** Western starring Alan Ladd and Jean Arthur. (1953, PG, 118min) ★★★★★
6.05 **Rear Window** Hitchcock thriller starring James Stewart and Grace Kelly. A housebound photographer comes to believe his neighbour is a killer. (1954, PG, 112min) ★★★★★
8.00 **The Great Escape** Adventure about Allied prisoners planning a mass breakout from a Nazi prison camp, starring Steve McQueen and James Garner. (1963, PG, 166min) ★★★★★
11.00 **Sudden Death** Action thriller. (1995, 18, 110min) ★★★
1.05 AM **Star Trek V: The Final Frontier** Sci-fi adventure sequel starring William Shatner. (1989, PG, 100min) ★★
3.05 **Sky Cinema Preview**
4.05 **to 6.10** AM **Star Trek: First Contact** Sci-fi adventure. (1996, 12, 110min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.10 AM **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
7.45 **Rock Dog 3: Battle the Beat**
9.25 **Madagascar: Escape 2 Africa** Animated adventure sequel. (2008, PG, 89min) ★★★
11.05 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
12.45 PM **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
2.20 **Home** Animated adventure. (2014, U, 94min) ★★★
4.00 **Antz** Animated comedy. (1998, PG, 83min) ★★★
5.30 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
7.00 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
8.40 **Open Season** Animated family comedy adventure. (2006, PG, 86min) ★★★★
10.15 **Trolls Band Together** Animated musical with the voice of Anna Kendrick. (2023, U, 91min) ★★★
11.55 **Boonie Bears: Guardian Code** Animation. (2023, PG) ★★★
1.35 AM **Rock Dog 3: Battle the Beat** Animation. (2022, U) ★★★
3.10 **Sinbad: Legend of the Seven Seas** (2003, U) ★★★★
4.45 **to 6.25** AM **Rebellious** Animation. (2024, PG) ★★★

Movies 24

312 313 419

7.00 AM **The Story of Love** Comedy. (2022, PG, 91min) ★★
9.00 **May the Best Wedding Win** Comedy. (2023, PG, 85min) ★★
11.00 **Unthinkably Good Things** Drama. (2022, PG, 84min) ★★
1.00 PM **Love on the Right Course** Comedy. (2024, PG, 84min) ★★
3.00 **Romantic Friction** Romantic comedy starring Julie Roy. (2023, PG, 90min) ★★
5.00 **The Honeymoon Pact** Comedy with Debs Howard and Edward Ruttle. (2023, PG, 90min) ★★
7.00 **Love in Whitbrooke** Romantic drama starring Brittany Bristow. An executive returns home to help out with her parents' café and gets drawn into the town's festival. (2021, PG, 88min) ★★
9.00 **Haunted Wedding** Comedy with Janel Parrish. The wedding between two ghost hunters at a haunted inn is disrupted by a ghost. (2024, PG, 84min) ★★
11.00 **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
1.00 AM **The Attraction Test** Comedy. (2022, PG, 85min) ★★
3.00 **to 5.00** AM **Stepping into Love** Drama. (2023, PG, 82min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 5/38. (S1)
6.35 **Keep It Clean** Comedy. (1956, b/w, U, 83min) ★
8.10 **What's On TPTV with Noel**
8.20 **The Big Bluff** Crime thriller. (1955, b/w, PG, 71min) ★★
9.50 **Lunch Hour** Romantic comedy. (1962, b/w, PG, 64min) ★★
11.05 **Look at Life** Documentary.
11.20 **Return of a Stranger** Drama. (1961, b/w, PG, 63min) ★★
12.35 PM **Cannon for Cordoba** Western. (1970, 12, 104min) ★★
2.40 **So Long at the Fair** Mystery. (1950, b/w, U, 86min) ★★★
4.25 **The Beverly Hillbillies**
4.55 **Scotland Yard** 26/39. (S1)
5.30 **Bonanza** 26/32. (S1)
6.30 **The Vise** 4/39. (S1)
7.00 **The Footage Detectives**
8.00 **Public Eye** 6/13. (S7)
9.05 **The Comic** Comedy drama starring Dick Van Dyke, Michele Lee and Mickey Rooney. (1969, PG, 90min) ★★★
11.00 **We Were Strangers** Adventure. (1949, b/w, PG, 106min) ★★
1.10 AM **Hero of the Hour** Drama.
3.15 **Border Incident** Action drama. (1949, b/w, PG, 92min) ★★★
5.10 **Look at Life** Documentary.
5.25 **to 6.00** AM **The Life and Legend of Wyatt Earp**

MONDAY Sport

4 August

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Test Cricket Bitesize** The fourth day of England v India in the fifth and final Test of the series.
10.15 **LIVE Test Cricket England v India.** Coverage of day five of the fifth and final Test in the series at The Oval in London. England have not lost a Test to an Indian side at this ground since 1971 and will be confident of a positive outcome.
7.00 PM **LIVE SPFL Hearts v Aberdeen.** Both teams' opening match of the Scottish Premiership season at Tynecastle. The last time these two sides met was back in April in the semi-finals of the Scottish Cup, and saw the visitors score a 118th-minute winner in extra time to claim a 2-1 victory. Kick-off is at **8.00pm**.
10.30 **Back Pages Tonight**
11.00 **LIVE WTA & ATP Tennis** Coverage of day nine of the Canadian Open, an ATP 1000 event in Toronto and the WTA 1000 event in Montreal, both of which are hard-court tournaments.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Gary Neville's Soccerbox**
11.00 **Premier League Best Goals**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Summer Series** Recent action.
2.00 **Premier League Years**
4.00 **Premier League Summer Series** Recent highlights.
5.00 **Premier League Best Goals**
6.00 **Premier League Summer Series** Recent action.
7.00 **The Transfer Show**
8.00 **Premier League Summer Series** Highlights from Bournemouth v West Ham United. **8.30** The key moments from Manchester United v Everton.
9.00 **Man City Champions 20/21**
9.30 **Newcastle – The Entertainers**
10.00 **Premier League Icons**
10.30 **My Origin Story: Oliver Glasner**
10.45 **Masterclass: Gianfranco Zola and Cole Palmer**
11.00 **Premier League Years**
1.00 AM **PL Retro** Archive action.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 97/98**
5.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** The 2012/13 play-offs.
9.00 **SPFL Highlights**
9.45 **EFL Greatest Games**
10.00 **EFL Cup Retro** Swansea City v Bradford City in the 2013 final.
12.00 NOON **EFL Highlights**
1.15 PM **SPFL Highlights**
2.00 **EFL League One Goals**
2.30 **EFL League Two Goals**
3.00 **EFL Trophy Football**
3.30 **Best EFL Cup Goals 2020/21**
4.00 **EFL Highlights** Recent action.
5.15 **SPFL Highlights**
6.00 **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **LIVE SPFL Hearts v Aberdeen.** Coverage of the Scottish Premiership match from Tynecastle. Kick-off **8.00pm**.
10.30 **SPFL Highlights**
11.15 **EFL Greatest Games**
12.00 M'T **EFL Cup** The 2010 final.
2.00 AM **SPFL** Archive highlights.
3.00 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Moments from the Championship Play-Off Final (1993-2019)** Archive highlights.
5.30 **to 6.00** AM **Best Moments from the League 1 & 2 Play-Off Final (1993-2019)**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **Women's One-Day International Cricket**
8.00 **Test Cricket** England v India.
9.00 **Women's One-Day International Cricket**
10.00 **Test Cricket Bitesize**
10.15 **LIVE Test Cricket England v India.** Coverage of day five of the fifth and final Test in the series staged at The Oval in London. Having won two of the first three Tests, England ensured they would come into this encounter with a chance to secure a series victory.
7.00 PM **Ashes Greats** Archive action.
7.30 **Best of England v India**
8.00 **Test Cricket** England v India from day five of the fifth and final Test.
9.00 **Test Cricket Bitesize** England v India: Brief highlights from all five days of the fifth and final Test.
11.15 **Best of ICC WT20** Highlights from England v India in 2007.
11.30 **Best of England v India**
12.00 M'T **Test Cricket** England v India.
1.00 AM **Women's One-Day International Cricket**
3.00 **Test Cricket** England v India.
4.00 **to 6.00** AM **Women's One-Day International Cricket**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Hall or Nothing: Georgia's Story** Profile of Georgia Hall.
7.00 **Women's Golf** Round four of the Women's Open Championship.
2.00 PM **PGA Tour Golf** Another chance to see the fourth round of the Wyndham Championship.
6.00 **The Open Zone**
6.30 **Countdown to the Ryder Cup**
7.00 **PGA Tour Golf** A review of the Wyndham Championship.
8.00 **Women's Golf** Action from the Women's Open Championship.
9.00 **PGA Tour Golf** A review of the Wyndham Championship.
10.00 **Women's Golf** Women's Open.
11.00 **Legends Tour Golf** Highlights from the Legends Championship.
12.00 M'T **Women's Golf** Day four.
1.00 AM **The Open Zone**
2.00 **Ladies European Tour Golf**
3.00 **to 6.00** AM **Women's Open Official Films**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA Tennis** Hamburg Open. **7.00** The Iasi Open final.
8.00 **WTA & ATP Tennis** Action from day eight of the Canadian Open.
12.00 NOON **ATP Tennis** Croatia Open. **1.00** PM Cincinnati Open final.
2.00 **WTA Tennis** Cincinnati Open.
3.00 **WTA & ATP Tennis** Highlights from the Washington Open finals.
5.00 **WTA & ATP Tennis** Action from day eight of the Canadian Open.
9.00 **LIVE WTA & ATP Tennis** Coverage of day nine of the ATP Canadian Open in Toronto and the WTA event staged in Montreal.
4.00 AM **Sizzle Reel 2024**
4.30 **ATP Tennis** Monte-Carlo Masters.
4.45 **Martina Navratilova: Unstoppable** An interview.
5.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Premiership Rugby Union**
7.30 **TNT Sports Cricket Reload**
7.45 **International T20 Cricket Highlights** West Indies v Pakistan.
8.45 **Snooker** Action from the seventh day of the Shanghai Masters.
10.45 **LIVE Cycling** Stage one of the men's Tour of Poland, a 199.7km route from Wroclaw to Legnica.
4.30 PM **Cycling** The concluding stage of the Tour de France Femmes.
5.30 **Playing for Our Future – Cycling**
5.45 **Race Bikes** Mountain Bike racing.
6.15 **August 4th: An Olympic Odyssey** A look at some historic moments in the Olympic Games.
7.30 **LIVE British Speedway Belle Vue Aces v Ipswich Witches.** Coverage of tonight's Premiership meeting in the 10th round of fixtures, which comes from National Speedway Stadium.
10.00 **WRC Review** Rally Finland.
11.00 **MLB Highlights** Baseball action.
12.00 M'T **LIVE MLB New York Mets v Cleveland Guardians.** The inter-league match staged at Citi Field. Start-time **12.10am**.
3.15 AM **MLB Classic** Archive action.
5.45 **to 6.00** AM **Kenny Allstar's Number 1's**

TNT Sports 2

411 414 522 409 431

6.00 AM **The Football Archives: UEFA Champions League**
7.30 **UEFA Champions League – Classics** The top ten finals in the history of the competition.
9.30 **UEFA Champions League** Replay of Paris Saint-Germain v Inter Milan in the 2024/25 final.
11.00 **UEFA Champions League** Coverage of the draw for the 2025/26 play-off round.
11.15 **The Football Archives: UEFA Champions League** A look back at the 1996/97 season.
11.45 **UEFA Champions League – Stories of the Finals** A look back at the 2008 final.
12.00 NOON **The Football's On**
1.00 PM **MLB Highlights** Baseball.
2.00 **Serie A** Genoa v Inter Milan. **3.00** Cagliari v AS Roma.
4.00 **Snooker** Highlights from the seventh day of Shanghai Masters.
6.00 **LIVE Ultimate Pool** Coverage of Group 10 of the Pairs Cup.
9.30 **International T20 Cricket Highlights** West Indies v Pakistan.
10.30 **UFC** Amir Albazi v Tatsuro Taira.
1.30 AM **UFC Reloaded**
4.00 **UFC Fight Flashback**
5.00 **to 6.00** AM **The Football's On**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour** Replay of Australia v British & Irish Lions in the third Test in Sydney.
10.30 **Lions Legends** Player profiles.
11.00 **British and Irish Lions Tour** South Africa v British & Irish Lions in the three-Test series from 2021.
2.00 PM **British and Irish Lions Tour** Highlights of Australia v British & Irish Lions in the third Test. **3.00** Australia v British & Irish Lions in the first Test in Brisbane. **4.00** Australia v British & Irish Lions in the third Test in Sydney.
5.00 PM **Lions Legends** Player profiles.
6.00 **British and Irish Lions Tour** South Africa v British & Irish Lions in the three-Test series from 2021.
6.45 **British and Irish Lions Tour** Highlights of Australia v British & Irish Lions in the third Test.
7.45 **Lions Legends** Ian McGeechan.
8.00 **British and Irish Lions Tour** Australia v British & Irish Lions in the third Test in Sydney. **9.00** Highlights of Western Force v British & Irish Lions in Perth.
10.00 **British and Irish Lions Tour** Replay of Australia v British & Irish Lions in the third Test in Sydney.
2.30 AM **British and Irish Lions Tour**
5.30 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
5.00 **The Transfer Show**
5.30 **Sports Centre**
7.00 **The Transfer Show**
8.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **LIVE WTA & ATP Tennis** Coverage of the ninth day of the Canadian Open, an ATP 1000 event in Toronto and the WTA 1000 event in Montreal, both of which are hard-court tournaments featuring quarter-final matches. Andrey Rublev got the better of Jannik Sinner at this stage 12 months ago, prevailing 6-3, 1-6, 6-2, while Matteo Arnaldi defeated Kei Nishikori in straight sets. The women's competition saw Diana Shnaider beat Liudmila Samsonova 4-6, 6-1, 6-4 to set up a semi-final against Jessica Pegula, who eliminated Peyton Stearns by a score of 6-4, 7-5.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Formula 1** Hungarian Grand Prix.
8.00 **Women's Golf** Women's Open.
9.00 **British and Irish Lions Tour**
12.00 NOON **Formula 1** Highlights from the Hungarian Grand Prix.
1.00 PM **Women's Golf** Action from the Women's Open Championship.
2.00 **PL Greatest Games**
3.00 **PDC Classics** Archive action.
4.00 **Formula 1** Hungarian Grand Prix.
5.00 **British and Irish Lions Tour**
8.00 **Women's Golf** Action from the Women's Open Championship.
9.00 **Formula 1** Hungarian Grand Prix.
10.00 **PGA Tour Golf** An event review.
11.00 **PDC Classics** Archive action.
12.00 M'T **PL Greatest Games**
1.00 AM **Formula 1** From Hungary.
2.00 **PGA Tour Golf** An event review.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Women's Open Official Films**

TNT Sports 3

413 415 523 410 432

6.00 AM **UTMB World Series Highlights** In Val d'Aran, Spain.
7.00 **Cycling** Race highlights.
10.00 **BMX Racing World Championship** In Copenhagen.
11.00 **Motocross World Championship** From Belgium.
2.00 PM **BMX Racing World Championship** In Copenhagen.
3.00 **NWSL** Recent highlights.
5.00 **International T20 Cricket Highlights** West Indies v Pakistan.
6.00 **WNBA** Recent highlights.
8.00 **The Gruppetto** Cycling action.
8.15 **The Football Archives: UEFA Champions League**
8.45 **UEFA Champions League – Stories of the Finals** A look back at the 2014/15 final.
9.00 **Fishing: On the Bank**
10.00 **Cycling** Tour of Poland stage one.
11.00 **Snooker** Shanghai Masters.
1.00 AM **Motocross** From Belgium.
4.00 **BMX Racing** In Copenhagen.
5.00 **to 6.00** AM **Serie A**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Replays of matches in the Australian Football League.
1.30 PM **UEFA Champions League** Highlights from the league stage of last season's tournament.
4.00 **International T20 Cricket Highlights** West Indies v Pakistan in the second T20 in the three-match series at Central Broward Regional Park in Lauderhill, Florida.
5.00 **MLB Highlights** Action from a Major League Baseball game.
6.00 **AFL** Another chance to see Western Bulldogs v GWS Giants. **7.30** Another chance to see Adelaide Crows v Hawthorn Hawks. **9.00** A replay of Melbourne Demons v West Coast Eagles.
10.30 **AFL** Another chance to see Gold Coast Suns v Richmond Tigers. **12.00** M'T A replay of Sydney Swans v Essendon Bombers.
1.30 AM **Men's Cycling**
3.30 **UEFA Champions League**
5.30 **to 6.00** AM **Football Archives**

Premier Sports 1

419 551

6.00 AM **Motorsport** Drew Gibson.
7.00 **LaLiga** A replay of Real Madrid v Barcelona from 2023/24.
9.00 **FIM Sidecarcross**
10.00 **World Surf League**
11.00 **Transworld Sport** Magazine.
12.00 NOON **LaLiga Specials**
1.00 PM **British Minibikes**
2.00 **LaLiga** A replay of Barcelona v Real Madrid from 2024/25.
4.00 **FIM Sidecarcross**
5.00 **World Surf League** Rio Pro.
6.00 **Africa Eco Race**
7.00 **Motorsport** Valentino Rossi.
7.30 **LaLiga Specials**
8.30 **LaLiga** Another chance to see Barcelona v Rayo Vallecano.
10.30 **LaLiga Specials**
11.30 **Motorsport** Drew Gibson.
12.30 AM **Transworld Sport** Magazine.
1.30 **LaLiga Specials**
2.00 **FIM Sidecarcross**
3.00 **World Surf League**
4.00 **UK Independent Kart Racing**
5.30 **to 6.00** AM **Motorsport**

Premier Sports 2

420 552

6.00 AM **NASCAR** Iowa Corn 350.
10.00 **Bike World** Magazine.
10.30 **GP Confidential**
11.00 **Pre-Season Football** Another chance to see Fortuna Sittard v Bayer Leverkusen.
1.00 PM **Pre-Season Football** Another chance to see Werder Bremen v TSG 1899 Hoffenheim.
3.00 **Football's Greatest**
3.30 **International Rugby Union** A replay of Fiji v Scotland.
5.30 **Football's Greatest**
6.00 **Pre-Season Football** Another chance to see Borussia Mönchengladbach v Valencia.
8.00 **Football's Greatest** The finest players discuss their careers.
8.30 **NASCAR** Another chance to see the Iowa Corn 350.
12.30 AM **GP Confidential**
1.00 **Bike World** Magazine.
1.30 **LaLiga Specials**
2.30 **NASCAR Xfinity Series**
5.30 **to 6.00** AM **FastZone**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** Another chance to see the Hungarian Grand Prix.
10.30 **F1 Features**
11.30 **Formula 1** The Hungarian Grand Prix first practice session. **12.45** PM The Hungarian Grand Prix second practice session.
2.00 **The F1 Show**
3.00 **Formula 1** Season highlights.
4.15 **F1 Features**
4.30 **Formula 1** The Hungarian Grand Prix qualifying session replay.
6.30 **F1 Features**
7.00 **Formula 1** Another chance to see the Hungarian Grand Prix.
9.15 **GT World Challenge Europe** Highlights from Magny-Cours.
12.45 AM **F1 Features**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

5 August

Evening Planner

Cricket

The Hundred

BBC2, Sky Showcase, Sky Sports Main Event/Cricket, from 2.30pm

The competition begins at Lord's with London Spirit against Oval Invincibles.

Documentary

Do You Have ADHD?

C4, 8pm

Surgeon Dr Karan Rajan and ex-GP Dr Clare Bailey Mosley look at the diagnosis of attention deficit hyperactivity disorder.

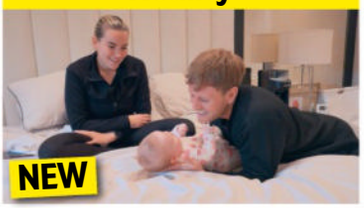
Reality

The Great British Sewing Bee

BBC1, 9pm

Designer Eudon Choi is the guest judge for the show's first-ever Korean Week.

Reality



Georgia & Tommy: Happy Essex After

ITV2, 9pm

A three-part special about the wedding of Tommy Mallet and Georgia Kousoulou.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 The Repair Shop		9.00 The Great British Sewing Bee		10.00 News; Local News	10.40 This...
	102 BBC2	‹ 6.00 The Hundred – Live: London Spirit Men v Oval Invincibles Men (Start-time 6.30)					9.30 QI XL	10.15 Live...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Midsomer Murders				10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Do You Have ADHD?		9.00 24 Hours in A&E		10.00 Brain Surgeons: Between Life and...	
	105 5	7.00 Somerset: Wonder of the West Country		8.00 Coastal Adventures with Helen, Jules...		9.00 Pompeii: Life in the City with Dan Snow		10.00 Ben Fogle: New Lives in the Wild	
	106 SKY SHOWCASE	‹ 6.00 The Hundred – Live: London Spirit Men v Oval Invincibles Men (Start-time 6.30)					9.30 Film: Star Trek Into Darkness		
ENTERTAINMENT	115 BBC3	7.00 The Agency: Unfiltered		8.00 Top Gear		9.00 Chloe Ayling: My...		9.45 A Good Girl's Guide to Murder	
	116 BBC4	7.00 Timothy Spall...	7.30 The Lakes with...	8.00 The Good Life	8.30 Yes, Minister	9.00 The Royle Family	9.30 Caroline...	10.00 Caroline Aherne: Queen of Comedy	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Georgia and Tommy: Happy Essex After		10.00 Botched	
	136 MORE4	‹ 6.55 Grand Designs		7.55 The Dog House		9.00 24 Hours in Police Custody: The Norfolk Narco...		10.15 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 The Rookie		10.00 The Cleaning Lady	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under		7.50 House of the Dragon		9.00 Gomorrah			
	110 U&GOLD	‹ 6.50 Gavin & Stacey		8.00 Red Dwarf			9.20 Gavin & Stacey		10.40 Not...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 Dave Gorman: Modern Life Is Goodish	
	119 ITV3	‹ 6.50 Heartbeat		8.00 Agatha Christie's Poirot				10.00 Foyle's War	
	120 ITV4	7.00 King of the Roads		8.00 World Rally Championship Highlights		9.00 Hell's Kitchen		10.00 Film: The Rock	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Bring It On			
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs Heavy Metal		9.00 The Walking Dead: Dead City		10.00 Creature...	10.30 Freddie Down...
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 My Life Is Murder		10.00 Father Brown	
	130 SKY ARTS	7.00 Opry Live		8.00 Rudyard Kipling: A Secret Life		9.00 The Brontës by Anita Rani: Sisters of...		10.00 Perspectives: Eddie Redmayne on...	
	132 U&W	7.00 MasterChef Australia			8.10 Multiple Birth Wards				10.10 One Born Every Minute
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Roadworthy Rescues		9.00 Deadliest Catch			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Apocalypse: The Rise of Hitler				10.00 Lost Ships of WW2	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging Up Britain's Past		9.00 Secrets Declassified with David...		10.00 History's Greatest Mysteries	
	155 U&YESTERDAY	7.00 Ireland with Simon Reeve		8.00 Classic Car Kings		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 Urban Secrets		8.00 The Invisible Pilot		9.00 The Nazi Cartel		10.00 An American Bombing: The Road to...	
FILMS – Sky Cinema	301 PREMIERE	‹ 5.20 Wicked		8.00 Long Gone Heroes				10.00 The Thicket	
	302 FAVOURITES	‹ 6.00 The King's Speech		8.00 The Shawshank Redemption					10.25 The Truman Show
	303 HITS	‹ 5.10 Interstellar		8.00 Bad Boys II					10.30 The Purge
	304 GREATS	‹ 5.50 Superman II		8.00 Superman III				10.05 Superman IV – The Quest for...	
	305 ANIMATION	‹ 5.45 The Boss...	7.25 The Prince of Egypt			9.10 Open Season 2			10.30 Sinbad...
	306 FAMILY	‹ 6.00 The Flintstones	7.35 The Flintstones in Viva Rock Vegas				9.20 Zathura – A Space Adventure		
	307 ACTION	‹ 6.00 Baby Driver		8.00 Fast & Furious				9.50 Justice League	
	308 COMEDY	‹ 6.10 David Brent: Life on the Road		8.00 Knocked Up				10.10 Pixels	
	309 THRILLER	‹ 5.15 The Firm		8.00 Ocean's Eleven				10.05 American Gangster	
	310 DRAMA	‹ 6.35 Boy Meets Boy		8.00 Chicago				10.00 Miranda's Victim	
	311 SCI-FI	‹ 5.55 Annabelle: Creation		8.00 Dune: Part Two					
	313 FILM4		7.10 Made in Italy			9.00 Where the Crawdads Sing			
SPORT	401 MAIN EVENT	‹ 6.00 The Hundred – Live: London Spirit Men v Oval Invincibles Men (Start-time 6.30)					9.30 Tennis – Live: The Canadian Open		
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Transfer 360	8.30 Gary Neville's...	9.00 David James: The One and Only			10.30 Meeting...
	403 FOOTBALL	7.00 SPFL Round-Up	7.30 Championship Season Review			9.00 SPFL Highlights		10.00 SPFL...	10.30 EFL Goals
	404 CRICKET	‹ 6.00 The Hundred – Live: London Spirit Men v Oval Invincibles Men (Start-time 6.30)					9.30 The Hundred Bitesize	10.15 The Hundred	
	410 TNT SPORTS 1	7.00 Shanghai Masters Snooker		8.00 British Open Polo Championship		9.00 British Speedway		10.00 Race Bikes	10.30 WRC Review
	411 TNT SPORTS 2	‹ 6.30 The Football's On			8.30 Ref: Stories from the Weekend		9.30 PL Stories	10.00 Brothers in Football	

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition The keepers work fast to keep a newborn baby porcupine safe. (S)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** New edition In Manchester. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Turning clocks into cash. (S)
2.45 **Escape to the Country** New edition From Devon. (S)
3.45 **The Bidding Room** (S)(R)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Alex Jones and Clara Amfo present the topical show. (S)
7.30 **EastEnders** Lauren's suspicions are confirmed, Joel shows his true colours, and Elaine struggles without the Vic. (S)(AD)

8 PM

8.00 **The Repair Shop** New edition The team work to restore a silver statuette that survived a shipwreck, a traditional Iranian baby hammock and a flight case once owned by David Bowie's former bass guitar player Trevor Bolder. (S)

9 PM

9.00 **The Great British Sewing Bee** New edition 4/10. The sewers celebrate Korean fashion by transforming taekwondo outfits into new creations, and making jeogori jackets and evening wear inspired by military outfits. (S)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **This Country** 3/6. Kurtan's shopping plans in Swindon are disrupted by bus problems, and Kerry helps the vicar run the local football practice. (S2) (S)(R)(AD)
11.05 **This Country** 4/6. The vicar's son returns to the village and has to readjust to rural life having lived in Bristol. (S2) (S)(R)(AD)
11.35 **High Country** 7/8. Andie visits her elderly mother, who makes a shocking confession. (S)(R)(AD)
12.20 AM 8/8. Andie identifies the mastermind behind the murders and disappearances. (S1) (S)(R)
1.05 **Weather for the Week Ahead** Seven-day forecast. (S)
1.10 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: The Repair Shop on the Road** Dominic Chinea and Will Kirk help fix a fibreglass dairy cow lantern. (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show hosted by Susan Calman. (S)(R)
2.30 **LIVE The Hundred** London Spirit v Oval Invincibles: Coverage of the opening women's match of the season staged at Lord's. Start-time is at 2.45. (S)
6.00 **LIVE The Hundred** London Spirit v Oval Invincibles: Coverage of the match from Lord's, as the men's competition gets under way. Start-time is at 6.30. *See feature, page 28.* (S)

2.30 Cricket: The Hundred

LIVE The Hundred (started at 6.00pm)

9.30 **QI XL** Sara Pascoe, Josh Widdicombe and Benjamin Zephaniah join Alan Davies and Sandi Toksvig for an edition on the theme of rest and recreation. (S)(R)

10.15 **Live at the Apollo Bites** Highlights from the stand-up showcase, with performances by Guz Khan, Rosie Jones and Rhys James. (S)(R)
10.30 **Newsnight** (S)
11.00 **The Moors Murders: A Search for Justice** 1/2. Analysis of the Moors Murders case. (S)(R)(AD)
12.00 M'T **Sign Zone: Great British Railway Journeys** Travelling from Aspatria to Carlisle. (S)(R)(AD)
12.30 AM **Sign Zone: The Great British Sewing Bee** The sewers channel influential design figures. (S)(R)
1.30 **Sign Zone: Destination X** (S)(R)
2.30 **Sign Zone: Inside the Cult of the Jesus Army** Documentary. (S)(R)
3.30 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts the game show, with Alex Jones, Tyler West and Ricky Wilson guessing well-known phrases for the chance to win £50,000 for good causes. (S)(R)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Ray goes after Dylan, while Ross denies being involved with anyone since he and Steph broke up, and Charity has a fall while on a walk through the woods with Mack. (S)(AD)

8.00 **Midsomer Murders** *The Witches of Angel's Rise:* When a body is discovered surrounded by ritual symbols on the eve of the annual psychic fayre, DCI Barnaby steps into a world of self-proclaimed witches in order to find the killer. With guest stars Tracy-Ann Oberman and Colin Salmon. (S)(R)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Safe House** Action thriller starring Ryan Reynolds and Denzel Washington. A rookie CIA agent goes on the run in South Africa with a rogue spy as his prisoner. With Vera Farmiga and Brendan Gleeson. (S)(AD) (2012, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Teleshopping**
3.00 **Under the Bridge** 3/8. Disturbing news shakes the small town, and as rumours surface, Rebecca and Cam reconnect. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ninja Warrior UK** Challenge show. (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 17-20/26. (S5) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 12-15/24. (S8) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** Michigan. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A property in the French countryside. (S)(R)
4.00 **The Great House Giveaway** A communications worker and a kitchen designer work to renovate a house in Tonypandy. (S)(R)
5.00 **Chateau DIY** Matt and Helen convert their orangery into a reception venue. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Helping a couple from Surrey search for a holiday home. (S)(R)

8.00 Do You Have ADHD?

7.00 **News** (S)

8.00 **NEW Do You Have ADHD?** One-off documentary about each stage of the diagnosis of attention deficit hyperactivity disorder – a condition that an estimated 2.6 million people in the UK have. (S)(AD)

9.00 **24 Hours in A&E** One of the Queen's Medical Centre's own staff members is admitted after being knocked off her mountain bike. Plus, a 57-year-old man is treated for a dislocated ankle after falling from a ladder. (S)(R)(AD)

10.00 **Brain Surgeons: Between Life and Death** Documentary following patients undergoing life-changing brain surgery at the Neurological Centre in Southampton – one of the country's foremost neurosurgical units. (S)(R)(AD)
11.05 **999: On the Front Line** (S)(R)
12.05 AM **Crime Scene Cleaners** (S)(R)
1.00 **Poisoned: Killer in the Post** 1/2. The actions of an online poison seller. (S)(SL)(R)(AD)
1.55 2/2. Suicide figures among young people. (S)(SL)(R)(AD)
2.50 **Ramsay's Kitchen Nightmares USA** Austin in Texas. (S)(SL)(R)
3.40 **Jamie's Comfort Food** (S)(R)
3.55 **Worst House on the Street** (S)(R)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **FILM PREMIERE** **Hoax: Kidnapping of Sherri Papini** Fact-based drama starring Jaime King and Matt Hamilton. (S) (2023, 12, 88min) ★★
4.00 **Bargain-Loving Brits in the Sun** Hairdresser Dennis from Dundee has an issue with a leaky water pipe. (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** Helen helps gather a flock of sheep for their needed vaccinations. (S)(R)
6.55 **News** (S)

9.00 Pompeii

7.00 **Somerset: Wonder of the West Country** The history of some of the best and most picturesque parts of Somerset's landscape and attractions, starting in the resort of Minehead. (S)(R)
7.55 **News** (S)
8.00 **Coastal Adventures with Helen, Jules & JB** New edition JB Gill joins the Skegness Pier Angling Club during one of their beach competitions, and Helen Skelton meets some unlikely coastal heroes in Cumbria. (S)
9.00 **Pompeii: Life in the City with Dan Snow** New edition 2/4. Dan Snow and Kate Lister dive inside the homes of Pompeii's residents, exploring a current excavation of a city block and a wealthy house with three gardens. (S)
10.00 **Ben Fogle: New Lives in the Wild** Ben visits musician Vanessa Forero, who moved from her native Yorkshire to a remote mountainside in the Sierra Nevada de Santa Marta in northern Colombia. (S)(R)
11.05 **Traffic Cops** (S)(R)
12.05 AM **Call the Bailiffs: Time to Pay Up** A man who owes £5000 in legal fees. (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S9) (S)(R)
3.50 **Warship: Life at Sea** (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S3) (S)(R)
11.00 **Chasing the Rains** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
2.00 **The Hundred** Oval Invincibles Men v Southern Brave Men in the 2024 final at Lord's. (S)(R)
2.15 **The Hundred** Welsh Fire Women v London Spirit Women in the 2024 final. (S)(R)
2.30 **LIVE** **The Hundred** London Spirit Women v Oval Invincibles Women: Coverage from Lord's. Start-time is at 2.45. *See feature, page 28.*
6.00 **LIVE** **The Hundred** London Spirit Men v Oval Invincibles Men: Coverage from Lord's. Start-time is at 6.30.

9.30 Star Trek Into Darkness

LIVE **The Hundred** (started at 6.00pm)

9.30 **FILM** **Star Trek Into Darkness** Sci-fi adventure sequel with Chris Pine. After rogue officer John Harrison launches a deadly attack against Starfleet high command, Captain Kirk and the crew of the USS *Enterprise* embark on a mission to bring him down. Their quest risks triggering a conflict with the Klingons, on whose home planet Harrison is hiding out. (S) (2013, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.45 **Creature Commandos** New episode 6/7. As Dr Phosphorus emerges from his research, the commandos try to carry out their directive. (S1) (S)
12.15 AM **A League of Their Own: The Rally** (S)(R)(AD)
1.10 **Brassic** 5&6/8. (S5) (S)(R)(AD)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 15/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R) **11.35** Scotcast (S)(R) **12.05am** High Country (S)(R)(AD) **1.35** Weather for the Week Ahead (S) **1.40-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The Crime I Can't Forget (S)(R) **11.30** This Country (S)(R)(AD) **12.25am** High Country (S)(R)(AD) **1.55-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm **NEW** Plaid Cymru at 100 (S) **11.40pm-12.20am** High Country (S)(R)(AD)

BBC2

N. IRELAND
Sky 969, Freesat 969
11.00pm Mandy New episode (S)(AD) **11.15** Mandy Series finale (S)(AD) **11.35pm-12.00m't** News (S)

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
8.00pm Tails from the Shelter New edition (S) **8.30** Vanished Wales (S)(R) **9.00-10.00pm** The Chase (S)(R)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **10.30** Eisteddfod Genedlaethol New edition **12.00noon** Newyddion **12.05pm** Eisteddfod Genedlaethol New edition **2.00** Newyddion **2.05** Eisteddfod Genedlaethol New edition **4.00** Eisteddfod Genedlaethol New edition **5.00** Eisteddfod Genedlaethol New edition **7.30** Newyddion a'r Tywydd **7.50** Eisteddfod Genedlaethol New edition **9.30** Pawb a'i Farn New edition **10.30-11.35pm** Busnes Bwyd

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Agency: Unfiltered** 3/6. The competitors are challenged to go live on TikTok. **7.30** 4/6. The next challenge is to fulfil a brief given to them by a brand.
7.55 **The Catch Up**
8.00 **Top Gear** The trio create a street circuit in Spain.
9.00 **Chloe Ayling: My Unbelievable Kidnapping** New edition 2/3. Chloe reveals a turning point in her captivity and recalls leaving a farmhouse. ■ Entire series on BBC iPlayer
9.45 **A Good Girl's Guide to Murder** 5/6. Pip gets more than she bargained for when she confronts the killer. **10.35** 6/6. Pip comes to terms with the repercussions of solving the case. (S1)
11.25 **Starstruck** 1&2/6. (S1)
12.10 AM **Top Gear** As 8.00pm.
1.15 **Chloe Ayling: My Unbelievable Kidnapping**
2.00 **My Mate's a Bad Date**
2.20 **to 4.00** AM **A Good Girl's Guide to Murder**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Timothy Spall Back at Sea** The barge visits Whitehaven, the Isle of Man, Belfast and Portpatrick.
7.30 **The Lakes with Paul Rose** From Windermere.
8.00 **The Good Life** Tom invents a means of transport.
8.30 **Yes, Minister** Hacker and Sir Humphrey appear before a select committee.
9.00 **The Royle Family** Nana comes to stay for a while.
9.30 **Caroline Aherne at the BBC** A celebration of the comedy writer and actor.
10.00 **Caroline Aherne: Queen of Comedy** Celebrating the career of the comedy writer and actor.
11.10 **Storyville: The Hijacker Who Vanished – The Mystery of DB Cooper**
12.35 AM **Timothy Spall Back at Sea** As shown at 7.00pm.
1.05 **The Lakes with Paul Rose**
1.35 **James May at the Edge of Space** Documentary.
2.05 **to 3.05** AM **Attack on Pearl Harbour: Days That Shook the World**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the contest from near Guildford, Surrey.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** A couple from Notttingham need help with a decision about their home.
6.55 **Grand Designs** A couple plan to build a new family home in East Sussex almost entirely out of concrete.
7.55 **The Dog House** An 11-year-old is thrilled to meet his dream dog – Gizmo the pug – but staff are worried his excitement might send breathless Gizmo into a panic.
9.00 **24 Hours in Police Custody: The Norfolk Narco Cartel** Cameras follow the Eastern Region Special Operations Unit during a major operation against a South American cartel that leads to the seizure of drugs worth over £1.5million.
10.15 **24 Hours in A&E** Three patients who have all relied on support from their friends.
11.20 **24 Hours in A&E**
12.25 AM **999: On the Front Line** Medical series.
1.30 **Emergency Helicopter Medics** Documentary.
2.35 **to 3.40** AM **24 Hours in A&E**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four episodes.
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** The Osbornes plan a meal to address their concerns about Frankie.
7.30 **The Simpsons** *Grampy Can Ya Hear Me:* Grampa gets himself a hearing aid.
8.00 **Below Deck** Series finale 17/17. Ben deals with the fallout from disrespecting Captain Kerry, while the crew do their best to end the season strong.
9.00 **Gogglebox** The households' opinions on *Gladiators*. **10.00** *Michael McIntyre's Big Show* is appraised.
11.05 **First Dates: Valentine's**
12.10 AM **The Big Bang Theory**
1.10 **The Simpsons**
1.40 **Brooklyn Nine-Nine**
2.30 **Modern Family**
2.55 **The Goldbergs**
3.45 **Below Deck**
4.30 **Young Sheldon**
5.20 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 11/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 10/22. The team hunt for a man using napalm-style bombs. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

8.00 The Equalizer

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 The Equalizer *The Kingdom:* 2/18. McCall finds herself in the crosshairs of a foreign intelligence agency. (S2)

9 PM
9.00 The Rookie New episode *Chaos Agent:* 10/18. John, Lucy and Angela investigate the stabbings of three teenage girls. (S7)

10 PM
10.00 The Cleaning Lady *Velorio:* 7/12. After of Arman's death, Ramona is determined to find out who leaked her plan. (S3)
11.00 **FBI** 10&11/13. (S6)
1.00 AM **FBI: Most Wanted** (S5)
2.00 **Fire Country** New episode Bode gets an opportunity. (S3)
3.00 **The Good Doctor** 9/10. (S7)
4.00 **Highway Patrol** New editions
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **True Blood** 7&8/12. (S2)
10.05 **Six Feet Under** 1&2/13. (S3)
12.15 PM **House of the Dragon**
1.25 **Babylon Berlin** 1&2/8. (S1)
3.35 **True Blood** 7/12. Sam is left at the mercy of Maryann.
4.40 8/12. Jessica and Hoyt learn an important lesson. (S2)
5.40 **Six Feet Under** 1/13. David and Keith try couples therapy.
6.45 2/13. David and Rico clash over a business decision. Guest stars Kathy Bates. (S3)

9.00 Gomorrah

7.50 House of the Dragon *The Black Queen:* 10/10. While mourning a tragic loss, Rhaenyra tries to hold the realm together and Daemon prepares for war. (S1)

9.00 Gomorrah 9/12. Marinella is distraught to hear that Raffaele is getting out of prison. Subtitled. In Italian.

10.00 Gomorrah 10/12. An increasingly isolated Ciro finds a possible way to sniff out Pietro's hiding place. Subtitled. (S2)
11.00 **FILM Homicide: The Movie** Crime drama spin-off from the American TV series. (2000, 15, 90min) ★★
12.40 AM **The Wire** 1/13. (S1)
1.45 **The Pacific** 2/10. (S1)
2.50 **House of the Dragon** (S1)
4.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **Magnum P.I.** 10/20. (S5)
9.00 **Stargate Atlantis** (S3)
11.00 **SEAL Team** 7/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S10)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 15/22. (S5)
5.00 **SEAL Team** 6/22. Jason and the men of Bravo unit team up with the Mexican Marines to go after a drug cartel. (S2)
6.00 **Stargate Atlantis** 1/20. Part two of two. Dr McKay and Ronon are captured. (S3)

10.00 Creature Commandos

7.00 Stargate Atlantis *Misbegotten:* 2/20. The Atlantis team set up a PoW camp for former Wraiths. (S3)

8.00 Rob & Romesh vs Heavy Metal Scottish band Bleed from Within try to educate the duo in the ways of the headbanger.

9.00 The Walking Dead: Dead City *Feisty Friendly:* 4/8. Maggie uncovers some surprising information. (S2)

10.00 Creature Commandos New episode 6/7. Dr Phosphorus emerges from his own research. (S1)
10.30 Freddie Down Under Freddie and Rob prepare to swim with sharks.
11.30 **A League of Their Own: The Rally** The Rally ends in the historic city of Turin.
12.25 AM **Brassic** 5&6/8. (S5)
2.15 **The Force: Manchester**
3.15 **NCIS: Los Angeles** (S13)
4.10 **S.W.A.T.** 15/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of Salt...**
12.05 PM **Dinner Date**
1.05 **Georgia and Tommy**
2.05 **Only Way Is Essex: Thailand**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Potomac**
5.00 **Real Housewives of Salt Lake City** New edition
6.00 **Celebrity Catchphrase**

9.00 Happy Essex After

7.00 Deal or No Deal Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order to win a prize.

8.00 Million Dollar Listing: LA Tensions boil over as the Altmans struggle with juggling properties and building out their office.

9.00 NEW SERIES Georgia and Tommy: Happy Essex After 1/3. The couple finally tie the knot.
■ Entire series on ITVX

10.00 Botched Medic Paul Nassif takes on a patient whose surgeon poked a hole through her nose.
11.00 **Family Guy** 2/20. (S16)
11.30 16/18. (S13)
12.00 M'T **American Dad!** (S12)
1.00 AM **Bob's Burgers** 8/22. (S11)
1.30 **Plebs** 4/8. (S3)
2.00 **Totally Bonkers Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *Below the Surface.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *The Sword of Guillaume:* Barnaby investigates a dubious land deal in Brighton. Guest stars Neil Dudgeon.
5.50 **Heartbeat** *Frail Mortality:* Susan is injured in a hit-and-run incident.

8.00 Agatha Christie's Poirot

6.50 Heartbeat *Snapped:* A photographer and his models come to town and Nick finds himself looking down the barrel of a gun.

8.00 Agatha Christie's Poirot *The Big Four:* The sleuth is reunited with Captain Hastings, secretary Miss Lemon and Inspector Japp in a case that plunges him into the world of global espionage.

10.00 Foyle's War *Killing Time:* Foyle comes up against racial tensions and the US Army when a black GI is suspected of murder.
11.50 **Broadchurch** 7/8. Ellie and Hardy feel that the case will crack open soon as important evidence comes to light.
12.55 AM 8/8. Hardy and Ellie uncover the truth behind the rape of Trish Winterman. (S3)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Roaming in the Wild** Andrew O'Donnell and Mark Taylor go on a winter skiing adventure.
8.00 **Island Crossings** A Harris school choir travels to Paisley to compete in a festival.
9.00 **Disclosure: Hunting the Whisky Bandits** The scammers selling fraudulent investments in Scotland's £7billion whisky industry.
10.00 **Darren McGarvey's Class Wars** Examining the impact of social class in Scotland today.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **The Chief** 3/4. A potential newspaper scoop threatens Miekelson's career. (S1)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** (S2)
9.00 **The Conners** (S1)
10.00 **Vice Principals** (S2)
11.20 **Sex and the City** (S1)
12.35 PM **Silicon Valley** (S6)
1.55 **Vice Principals** (S2)
3.10 **The Rehearsal** 2/6. (S1)
3.50 **Sex and the City** (S1)
5.05 **Hello Ladies** 2/8. (S1)
5.45 **The Conners** (S1)
6.45 **The Office (US)** 2/25. Jim and Pam get a surprising invitation to Roy's wedding.
7.15 3/25. Pam bonds with Nellie. (S9)
7.45 **Vice Principals** Comedy, starring Danny McBride and Walton Goggins. (S1)
9.00 **And Just Like That...** 10/12. Drama. (S3)
10.00 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.00 **Veep** 9&10/10. (S2)
12.15 AM **Enlightened** (S1)
1.35 **Divorce** 3&4/10. (S1)
2.45 **Somebody Somewhere**
3.55 **to 5.00** AM **2 Dope Queens**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Highlights**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **David Hockney: In Normandy**
3.00 **Master Crafters: The Next Generation**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Opry Live**
8.00 **Rudyard Kipling: A Secret Life**
9.00 **The Brontës by Anita Rani: Sisters of Disruption**
10.00 **Perspectives: Eddie Redmayne on War Art**
11.10 **Mary Cassatt: Painting the Modern Woman**
12.25 AM **Les Misérables and Victor Hugo**
1.40 **Alice Walker: Beauty in Truth**
3.00 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** *The Neutral Zone:* 26/26. The crew discover a disabled satellite. (S1)
8.00 **Star Trek: Deep Space Nine** 10/26. (S3)
9.00 **FBI: Most Wanted** (S4)
10.00 **FBI: International** (S3)
11.00 **Grimm** 8/22. (S5)
12.00 **Britain's Most Evil Killers**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **In for a Penny**
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal**
6.00 **Lingo** Two married couples take on the reigning champions.
7.00 Two best friends and two housemates take on the champions.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Tracie tries to open the 22 red boxes in the right order, taking on the Banker for the chance to win a cash prize.
9.00 **Tipping Point** Triple bill of the arcade-themed quiz show hosted by Ben Shephard, in which contestants drop tokens down a choice of four chutes in the hope of winning up to £10,000.
12.00 M'T **In for a Penny** With Stephen Mulhern.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 10/13. (S2)
9.00 **Diagnosis Murder** (S4)
10.00 **Little House on the Prairie** 7&8/22. (S2)
12.00 NOON **Highway to Heaven** 17/25. (S1)
1.00 PM **Father Dowling Mysteries** 2/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 14&15/25. (S8)
9.00 **Randall and Hopkirk (Deceased)** *You Can Always Find a Fall Guy:* 25/26. Jeff is framed for breaking and entering. (S1)
10.00 **The New Avengers** (S1)
11.00 **The Avengers** 15/33. (S6)
12.00 M'T **M*A*S*H** (S8)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 10/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Minder**
7.20 **Kojak** Double bill.
9.30 **Magnum, PI**
11.35 **Giant Lobster Hunters**
12.35 PM **The Casebook of Sherlock Holmes**
1.45 **Kojak** Double bill.
3.55 **Magnum, PI** *Adelaide:* The investigator protects a horse. **4.55** *Don't Say Goodbye.*
5.55 **Minder** *The Greatest Show in Willesden:* Arthur branches out into karaoke at the club.

10.00 The Rock

7.00 **King of the Roads** More action from the latest round of the Aberdare Park Road Races, taking place in Mid Glamorgan.
8.00 **World Rally Championship Highlights** Action from the Rally Finland based around Jyväskylä.
9.00 **Hell's Kitchen** The teams face off to prepare the most lobsters in line with chef Ramsay's standards.
10.00 FILM **The Rock** Action thriller starring Sean Connery and Nicolas Cage. An FBI chemical weapons expert and a convict try to break into Alcatraz. (1996, 15, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.35 AM **Wrestling: AEW Collision**
2.30 **Auto Mundial** News from the world of motorsport.
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 24/26. (S7)
2.00 **Primeval** 4/6. (S1)
3.00 **Stargate Atlantis** 1/20. (S3)
4.00 **Star Trek: Voyager** 7/26. (S7)
5.00 **Star Trek: The Next Generation** 24/26. (S7)
6.00 **Star Trek: Enterprise** 11/22. Hoshi and Trip get infected with a virus that could leave them dead within hours. (S4)

10.00 The Walking Dead

7.00 **Primeval** 4/6. Helen refuses to answer Lester's questions about the anomalies and manages to escape custody. (S1)
8.00 **Stargate Atlantis** *No Man's Land:* 1/20. Part two of two. Dr McKay and Ronon are captured by Wraith hive ships. (S3)
9.00 **The Leftovers** *A Matter of Geography:* 2/10. After the riots, Kevin, Nora and Jill try to pick up the pieces. (S2)
10.00 **The Walking Dead** *Find Me:* 18/22. What starts out as a possible mending adventure for Daryl and Carol turns sideways. (S10)
11.00 **Wynonna Earp** 4/12. Wynonna faces down an ancient enemy. **12.00** M'T 5/12. The homestead comes under attack. (S4)
1.00 AM **Westworld** 7/10. Maeve delivers her ultimatum. **2.00** 8/10. Bernard struggles with a mandate issued. (S1)
3.00 **Primeval** 4/6. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown**
10.00 **The Mentalist** 11/23. (S1)
11.00 **Hudson & Rex** 1/20. (S5)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 11/23. (S1)
5.00 **Hudson & Rex** 1/20. (S5)
6.00 **Father Brown** *The Hidden Man:* Father Brown's friendship with Flambeau is tested when the high class thief is suspected of murder.

9.00 My Life Is Murder

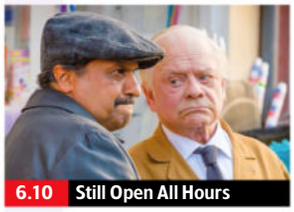
7.00 **Miss Scarlet and the Duke** 5/6. Eliza finds the heir to an unclaimed fortune and needs Duke's help. (S3)
8.00 **Death in Paradise** *The Perfect Murder:* 6/8. A volleyball player is killed at the Inter-Island Volleyball Championships. (S4)
9.00 **My Life Is Murder** Series finale *The Widow's Club – Part Two:* 8/8. Alexa gets on the wrong side of a murder case. (S4)
10.00 **Father Brown** *The Face of the Enemy:* The Roman Catholic priest spies trouble when Lady Felicia returns to Kembleford.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 2/14. Burke and Caffrey throw a party to trap a crime boss who is planning to sell secrets during New York Fashion Week. (S1)
12.55 AM **Death in Paradise**
2.00 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **Highlights**
8.50 **Last of the Summer Wine**
10.10 **Are You Being Served?**
10.50 **Still Open All Hours**
11.30 **Last of the Summer Wine**
12.50 PM **Keeping Up Appearances**
1.30 **I Didn't Know You Cared**
2.10 **Dad's Army**
2.50 **Still Open All Hours**
3.30 **Last of the Summer Wine**
4.50 **Are You Being Served?**
5.30 **Dad's Army**
6.10 **Still Open All Hours**
6.50 **Gavin & Stacey**


6.10 Still Open All Hours

7.25 **Gavin & Stacey** Gavin is so beside himself with worry he drives all the way to Barry Island.
8.00 **Red Dwarf** The crew members have had their memories are erased. **8.40** A leak from the suspended animation chamber gives the crew a doorway to the past.
9.20 **Gavin & Stacey** The couple announce their engagement.
10.00 **Gavin & Stacey** The Shipmans drive to Wales for the wedding fayre.
10.40 **Not Going Out** Lee prepares for a 10km fun-run to impress Lucy.
11.20 **The Office** A work experience trainee has a baptism of fire.
12.00 M'T **Gavin & Stacey**
1.20 AM **Not Going Out**
2.00 **The Office** As 11.20pm.
2.45 **Here We Go**
3.15 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gassed Up**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Cape Carnage: Killer Catch**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Celebrity Storage Hunters** Double bill.
2.00 PM **Cape Carnage: Killer Catch** Documentary.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** The art movement in St Ives.
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers explore comfort food.

5.00 Rick Stein's Cornwall

7.00 **Would I Lie to You?** With guests John Bishop, Chris Addison, Joanna Page and Patsy Palmer.
7.40 **Richard Osman's House of Games** With Rufus Hound and Scott Mills. **8.20** Mark Billingham, Neil Delamere, AJ Odudu and Lucy Porter take part.
9.00 **Have I Got a Bit More News for You** Guz Khan hosts the satirical quiz, with guests Ross Noble and Janet Street-Porter.
10.00 **Dave Gorman: Modern Life Is Goodish** Dave Gorman presents witty stand-up and wry observations.
11.00 **Taskmaster** Lou Sanders has some very unusual facial hair.
12.00 M'T **Mock the Week** With Ed Byrne and James Acaster.
12.40 AM **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.20 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me** Back-to-back dinner parties in Hertfordshire.
5.30 **A Place in the Sun**
7.00 **Can't Sell, Must Sell** The siblings transform two houses in Wales.
8.00 **Kirstie and Phil's Love It or List It** A couple from Caterham decide whether to renovate or sell their home.
9.00 FILM **Ambulance** Crime drama starring Jake Gyllenhaal and Yahya Abdul-Mateen II. A man desperate for money asks for help from his adoptive brother. (2022, 15, 90min) ★★★★
11.45 **Gogglebox**
1.50 AM **Secrets of the Hells Angels** Double bill.
3.50 **to 4.50** AM **Crime Scene Cleaners**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 4-6/19. (S5)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Judgement Day:* 19/19. The death of a team member is investigated. (S5) **7.00** *Last Man Standing:* 1/25. The murder of a petty officer is linked to the break-up of the team. **8.00** *Agent Afloat:* 2/25. A lieutenant's wife is found murdered. (S6)
9.00 **Criminal Minds: Evolution** New episode *Moose:* 3/22. (S16)
10.00 **Law & Order: Special Victims Unit** *Devastating Story:* 18/23. A female student claims to have been assaulted. **11.00** *Granting Immunity:* 19/23. A party sparks a vaccination debate. (S16)
12.00 M'T **The Resident**
1.55 AM **Person of Interest**
2.50 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Extreme Nightmare Tenants** Documentary.
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A patient suffers from serious burns.
9.00 **999: Critical Condition** A man's parachute fails.
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **Fare Dodgers: At War with the Law**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Motorway Patrol**
9.35 **Trucking Hell**
10.40 **Traffic Cops**
11.40 **Police Interceptors**
1.50 PM FILM **Stagecoach Express** Western. (1942, PG, 57min) ★★★
3.00 FILM **Red River Range** B-western. (1938, b/w, U, 56min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Police Interceptors** A pursuit involving 20 cars and two helicopters.
9.00 **The Motorway** The M6 is shut down due to a flock of escaped sheep.
10.00 **Police: Night Shift 999** Officers are called to a late-night break-in.
11.00 **MacGyver** 2/21. (S1)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Warship: Life at Sea**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The cooks work at record pace all through a Keeping Up with Gordon challenge.
8.10 **Multiple Birth Wards** 1/2. Documentary following couples during multiple pregnancies. **9.10** 2/2. A Liverpool couple expecting their second set of twins.
10.10 **One Born Every Minute** A woman longs to hold her critically ill baby.
11.10 **999 Rescue Squad**
1.20 AM **Aaron Hernandez Uncovered** Documentary.
2.05 **to 3.00** AM **Changing Rooms Australia**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.25 **Doctors**
9.40 **Classic Holby City**
10.40 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **The Doctor Blake Mysteries**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Dalziel & Pascoe** *Child's Play:* 2/4. Mystery surrounds the death of a stranger. (S3)
10.00 **New Tricks** *Body of Evidence:* The body of a missing computer expert turns up in a morgue.
11.20 **Spooks** 4/10. (S4)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.10 **Waiting for God**
2.40 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

TUESDAY Entertainment

Tuesday

Really

142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** Gaby Roslin helps Toyah Willcox.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Natasha Raskin Sharp and Raj Bisram continue their tour of Kent.
8.00 A gavel and a vintage train set are among the items picked up in Norfolk.
9.00 **Who Do You Think You Are?** Chris and Xand van Tulleken research their Dutch heritage.
10.00 **The Hotel Inspector**
11.00 **Long Lost Family**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games** Double bill.
11.20 **All Star Family Fortunes** Barry McGuigan takes on Coleen Nolan.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Double bill of the quiz hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM **Wanted: Dead or Alive** Four editions.
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM The Texican** B-Western. (1966, PG, 91min) ★★
3.05 **FILM 7th Cavalry** Western. (1956, U, 77min) ★★★
4.55 **FILM Wrangler** Western. (1989, 12, 92min) ★★
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM Hijacked** Thriller starring Denise Richards. (2017, 15, 88min) ★★
10.55 **FILM The Shanghai Job** Action thriller. (2017, 15, 95min) ★★
1.00 AM **FILM Bermuda Tentacles** Thriller with Linda Hamilton. (2014, 12, 86min) ★★
2.50 **Cops Uncut** Triple bill.
4.30 **to 5.00** AM **Air Rescue**
+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7** Documentary.
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mystery: All That Glitters** Crime drama. (2014, PG, 87min) ★
1.00 PM **FILM Target: My Daughter** Thriller. (2017, 12, 92min) ★★
2.55 **FILM Watching Over You** (2018, PG) ★★
5.00 **FILM Past Sins** Thriller. (2006, 12, 88min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM American Heist** Drama with Adrien Brody. (2014, 15, 94min) ★★
11.05 **FILM Fatal Performance** Thriller. (2013, PG, 83min) ★★
1.10 AM **FILM The Ex Next Door** 2019, PG) ★★
3.20 **Air Rescue** (S3)
4.00 **to 6.00** AM **FILM A Murderer Upstairs** Thriller. (2017, PG) ★★
+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM The Beauty of Love** Romantic drama. (2021, PG, 120min) ★★
10.00 **FILM Love Is On The Air** (2021, PG) ★★
12.00 NOON **FILM Snapshot of Love** Romantic drama. (2022, PG) ★★
2.00 PM **FILM The Birthday Wish** Romantic drama. (2017, PG, 84min) ★★
3.55 **FILM Love Strikes Twice** Romantic drama. (2017, PG, 90min) ★★
6.05 **FILM Appetite for Love** Romantic comedy. (2016, PG, 84min) ★★
8.00 **FILM Frozen in Love** Drama. (2018, PG) ★★
10.00 **FILM Winter's Dream** Romantic drama. (2018, PG, 84min) ★★
11.55 **FILM Love on Ice** Romantic drama. (2017, PG, 84min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Birthday Wish** (2017)
+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
10.30 **You're Only Young...**
11.00 **I Dream of Jeannie**
11.30 **Don't Drink the Water**
12.00 NOON **Carry On...**
12.30 PM **Jokers Wild**
1.00 **FILM Life with Father** Comedy. (1947, U, 118min) ★★★
3.15 **That's My Dog**
3.45 **Auto Rewind**
4.00 **Blue Thunder** 10/11.
5.00 **Lucky Feller**
5.30 **You're Only Young...**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S3)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Don't Drink the Water**
8.30 **Lucky Feller**
9.00 **Bramwell** 8/8. (S2)
10.00 **Soap** 21/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Night Tide** Romantic horror. (1961, PG, 85min)
1.45 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Yukon Men**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Following life aboard ship in the Alaskan crab-fishing fleet.
8.00 Johnathan and Jake try to avoid an Arctic hurricane.
9.00 **Outback Opal Hunters** Dan and Renee's impatience could cost them their lives.
10.00 The Cheals work to restore an agitator.
11.00 **Gold Divers**
12.00 M'T **British Speedway**
1.00 AM **Naked and Afraid**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Tom Kerridge's...**
7.00 **Barefoot Contessa**
8.00 **Maneet's Eats**
8.30 **Nadiya Bakes**
9.00 **River Cottage Every Day**
10.00 **Hairy Bikers' Mississippi Adventure**
11.00 **Great British Bake Off**
1.00 PM **Tom Kerridge's...**
2.00 **James Martin's American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Every Day**
6.00 **Hairy Bikers' Mississippi Adventure**
7.00 **Great British Bake Off**
9.00 **Jamie's Easy Meals for Every Day** New editions
10.00 **James Martin's Great British Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 21/25. (S7)
9.00 **The Fall Guy** (S2)
10.00 **Knight Rider** 9/22. (S4)
11.00 **FILM Malibu Shark Attack** Disaster movie. (2009, 15, 110min) ★★
1.00 PM **FILM Coward of the County** Drama. (1981, PG, 104min) ★★
3.00 **FILM Boot Hill** Comedy Western. (1969, PG, 91min) ★★
5.00 **Star Trek** 10/24. (S3)
6.00 **Knight Rider** (S4)
7.00 **The Fall Guy** (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Hunter's Prayer** Action thriller. (2017, 15, 91min) ★★
10.50 **FILM U Turn** Thriller. (1997, 18, 119min) ★★★
1.10 AM **FILM Maniac** Serial killer thriller. (2012, 18, 87min) ★★★
3.00 **to 4.50** AM **FILM Death Trench** First World War horror. (2017, 18, 88min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Apocalypse of Ice** Disaster epic. (2020, PG, 88min) ★★
8.00 **The Gambler Returns: The Luck of the Draw**
10.00 **The Lost World** (S3)
11.00 **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
1.00 PM **The Gambler Returns: The Luck of the Draw**
3.00 **The Lost World**
4.00 **The A-Team**. (S4)
5.00 **FILM Apocalypse of Ice** Disaster epic. (2020, PG, 88min) ★★
7.00 **The Lost World**
8.00 **The A-Team** 12/23. (S4)
9.00 **FILM Hard Kill** Action thriller. (2020, 15, 98min) ★★
11.00 **FILM Code Name: Geronimo** Action drama starring Cam Gigandet. (2012, 15, 96min) ★★
1.00 **to 3.00** AM **FILM Hard Kill** As 9.00pm.
+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Oldham.
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Files Reopened**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Files Reopened**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Swamp People: Serpent Invasion**
10.00 **Rust Valley Restorers**
11.00 **Court Cam** Double bill.
12.00 M'T **Craig Charles: UFO Conspiracies**
1.00 AM **Alien Files...**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Amazing Railway Adventures** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Maine.
12.00 NOON **Reuben: Life in the Dales**
1.00 PM **The Yorkshire Vet Special: Newborns**
2.00 **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
5.30 **Entertainment News**
5.45 **All Creatures Great and Small**
7.00 **Reuben: Life in the Dales** Documentary.
8.00 **Ben Fogle: New Lives in the Wild** Australia.
9.00 **NEW The Lancaster Bomber** Documentary.
10.00 **Nazi Megastructures**
11.00 **All Creatures Great and Small**
12.10 AM **Yorkshire Great and Small**
1.10 **Amazing Railway Adventures** Double bill.
3.10 **to 4.00** AM **Paul Martin's Antiques Showdown**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **Rico to the Rescue** New edition A family are left with few options to finish their renovation.
10.00 **Battle on the Beach** New edition The teams tackle the bunk room.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home.**
+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream...**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Curvy Brides Boutique**
8.00 **The Bad Skin Clinic**
9.00 **My Strange Addiction**
10.00 **This Came Out Of Me**
11.00 **Born with Three Arms**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant**
2.00 **This Came Out Of Me**
3.00 **Born with Three Arms**
4.00 **The Bad Skin Clinic**
5.00 **to 6.00** AM **Extreme Cheapskates**
+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S5)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S4)
1.00 PM **Friends** (S5)
7.00 **Friends** 20/24. The guys enjoy a ride in a police car.
7.30 21/24. Phoebe learns that Gary plans to ask her to move in with him.
8.00 22/24. Joey gets a shock in Las Vegas.
8.30 23/24. The pals visit Las Vegas. (S5)
9.00 **FILM Bring It On** Teen comedy. (2000, 12, 99min) ★★★★
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **South Park**
2.00 AM **Broad City**
3.00 **Key & Peele**
3.25 **Stand Up Shorts**
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria**
11.00 **Friends** (S7)
1.00 PM **Impractical Jokers**
2.00 **Daria** (S2)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond**. (S4)
9.00 **New Girl** 3/22. The friends go on a trip.
9.30 4/22. Crossover episode with *Brooklyn Nine-Nine*. (S6)
10.00 **Friends**
1.00 AM **Beavis and Butt-Head**
2.00 **Key & Peele**
3.00 **Whose Line Is It Anyway? USA**
3.45 **Alan Carr Live**
4.30 **Channel Hopping**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S6)
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Bull** 13& 14/22. (S6)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars**
10.00 **Reginald the Vampire**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own**
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter**
8.00 **Catfish: The TV Show**
11.00 **Catfish: Love Triangles**
12.00 NOON **Catfish: The TV Show** Reality series.
3.00 PM **Catfish: Wannabees**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2**
7.00 **Celebs on the Ranch**
8.00 **MTV Cribs** Double bill.
9.00 **90's House**
10.00 **Badass Brides**
11.00 **Ink Master Redemption** New edition Runner-Up Master Canvases defend their tattoos.
11.30 Tatu Baby and King Ruck complete.
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Caught in the Act: Unfaithful**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival**
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Parker, Rick and Tony return to the Yukon.
5.00 **Building Off the Grid** A family builds on their 46-acre land by the Smoky Mountains.
6.00 **Baggage Battles** The team visits one of the busiest shipping ports in the USA.
6.30 Mark attempts to secure some Rolls-Royce aircraft parts.

9.00 Deadliest Catch

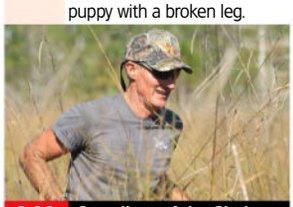
7.00 **Wheeler Dealers World Tour** In northern Italy, Mike and Elvis tackle the last truly analogue Ferrari, the 348.
8.00 **Roadworthy Rescues** Derek finds a 1951 Chevy Deluxe that has been sitting for 44 years and needs to get it running.
9.00 **NEW SERIES Deadliest Catch** Sig and John co-captain the Time Bandit, sparking a gold rush for giant crab out west. Chaos on the Titan Explorer forces Jake's crew to abandon ship.
11.00 **NEW EDITION Deadliest Catch** One of the world's deadliest jobs is that of the Alaskan crab fisherman.
12.00 M'T **Moonshiners**
1.00 AM **Deadliest Catch**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Animal Cribs**
9.00 **The Aquarium**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Animal Cribs** Gentle Barn, which is home to more than 200 rescued animals.
4.00 The biggest builds.
5.00 **Lone Star Law** Two men are suspected of animal cruelty.
6.00 **Dr Jeff: Rocky Mountain Vet** The doc treats an abandoned puppy with a broken leg.



8.00 Guardians of the Glades

7.00 **Treehouse Masters** Pete Nelson saddles up to build a treehouse, and he builds the structure with a county jail loft.
8.00 **Guardians of the Glades** When a potentially python escapes Dusty's grasp, his desire to catch it leads him on a mission.
9.00 **Alaska: The Last Frontier** The Kilcher family pays tribute to a fallen old friend by driving cattle back home.
10.00 **Alaskan Bush People** The Browns flee the mountain during a lightning storm in the heat of fire season.
11.00 **Pit Bulls & Parolees** Newlyweds from New Jersey seek a new family member.
12.00 M'T **Crikey! It's the Irwins** Bindi's boyfriend has something to ask her.
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Thames Treasure Hunters** Documentary.
1.00 PM **Stonehenge: Secrets Revealed**
2.00 **Hitler's Last Stand**
4.00 **Destruction Decoded**
5.00 **Car S.O.S** Tim and Fuzz take on a neglected 1988 Fiat Uno.
6.00 **World War II: The Apocalypse** Slave labour in Nazi-occupied France.

8.00 Apocalypse

7.00 **Air Crash Investigation** The case of a plane that crashed into an apartment complex in the Netherlands.
8.00 **Apocalypse: The Rise of Hitler** Part one of two. A documentary looking at the dictator's rise to power in Germany.
9.00 **Apocalypse: The Rise of Hitler** Part two of two. An exploration of Hitler's rise to the position of chancellor in 1933.
10.00 **Lost Ships of WW2** A search for the USS *Hornet*, and the Doolittle Raid was launched off her deck to avenge Pearl Harbor.
11.00 **Air Crash Investigation** A jet slams into an apartment.
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **The Proof Is Out There** The Chupacabra.
1.00 PM **Flipping Bangers**
2.00 **Mountain Men: Alaska**
2.55 **Pawn Stars** Documentary.
3.15 **Clash of Ancient Warriors**
5.00 **What on Earth?**
6.00 **American Pickers** Robbie is obsessed with getting a one-of-a-kind DeLorean knockoff.

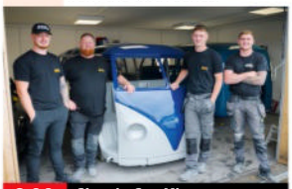
10.00 History's Greatest...

7.00 **Forged in Fire** Four smiths face an enormous challenge when they must salvage steel from five tons of junk.
8.00 **Digging Up Britain's Past** Helen Skelton and Alex Langlands investigate the Pendle Witch trials of 1612
9.00 **Secrets Declassified with David Duchovny** New edition The unexpected gadgets relied upon by spies.
10.00 **History's Greatest Mysteries** New edition Robber John Dillinger, whose life consisted of brazen bank robberies.
11.00 **What on Earth?** The strange images from a remote desert that could explain mummies.
12.00 M'T **Close Encounters**
12.55 AM **The Proof Is Out There**
1.50 **Secrets Declassified with David Duchovny** The gadgets relied upon by spies.
2.50 **What on Earth?** As 5.00pm.
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Warbird Workshop**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Warbird Workshop**
5.00 **War Factories** The secret story of war production that shaped World War Two.
6.00 **Antiques Roadshow** Updates on the most important finds from the 35th series.



8.00 Classic Car Kings

7.00 **Ireland with Simon Reeve** Part two of two. Simon visits Belfast, as well as exploring the Giant's Causeway.
8.00 **Classic Car Kings** New edition A collector with a bunch of panels and the dream of quality vehicle needs help.
9.00 **Bangers & Cash** Derek heads off to Colchester to pick up a Aston Martin DB4 that has been sitting under a tarpaulin.
10.00 **Bangers & Cash** Derek is on the road to pick up a funky little Nissan Figaro and a sublime Ferrari 250 GT tribute car.
11.00 **Bangers & Cash**
12.00 M'T **Abandoned Engineering** A complex of stone buildings near Hadrian's Wall that kept away Northern hordes.
1.00 AM **Ireland with Simon Reeve** As 7.00pm.
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Mike Brewer: Born Dealer** Mike Brewer shares a sneak peek into life at his dealership.
9.00 **Johnny Vegas' Little Shop of Antiques** New edition On a Staffordshire buying trip, Johnny buys a Beatles fan portrait.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Vintage Voltage**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: The Big Day**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Four editions.
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV** The murder of Rick Chance.
9.00 **Road Rage** New edition
9.30 **Exposed: Naked Crimes** New edition
10.00 **Bloodline Detectives**
11.00 **Murder on CCTV**
12.00 M'T **Faking It**
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** Two undertakers, Daniel O'Connell and James Ellison are killed.
8.00 **Donal MacIntyre's UK Killer Evidence** The body of a woman is found in Bolton.
9.00 **Shocking Crimes: Murder Book** The disappearance of Jack Irwin in 1999.
10.00 **It Takes a Killer** A man snaps and goes on killing spree in Brooklyn.
10.30 Police investigate a quadruple homicide.
11.00 **Real Detective: North of the Border**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **It Takes a Killer**
3.00 **Donal MacIntyre's UK Killer Evidence**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **Bloodline Detectives**
4.00 **Medical Detectives** The hunt for a Philadelphia rapist, revealing how police had only a single sketch of the man.
4.30 A family contracts deadly illnesses.
5.00 A renowned surgeon is found brutally murdered.
5.30 Police suspect a woman of murdering her husband.
6.00 A woman appeals against a conviction for killing her mother.
6.30 A murderer sends his victim's family her last will and testament.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murder Uncut**
1.00 PM **Britain's Most...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murder Uncut**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **The Real Manhunter**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Killer Within**
1.00 AM **Murders That Shocked the Nation**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Bronze Age Apocalypse**
9.00 **Wrecks That Changed the World**
10.00 **Lincoln: Divided We Stand** Documentary.
10.55 **Race to Victory**
11.55 **Bronze Age Apocalypse**
1.00 PM **Wrecks That Changed the World**
2.00 **Pompeii: Buried Secrets of the Villa Giuliana**
3.05 **Lincoln: Divided We...**
4.00 **Race to Victory**
5.00 **Bronze Age Apocalypse**
6.00 **Wrecks That Changed the World**
7.00 **Pompeii: Buried Secrets of the Villa Giuliana**
8.10 **Lincoln: Divided We Stand** Documentary.
9.05 **Race to Victory**
10.00 **Bronze Age Apocalypse**
11.05 **Lincoln: Divided We...**
12.00 M'T **Race to Victory**
1.00 **to 2.00** AM **Wrecks That Changed the World**

TUESDAY

Tuesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Good Fight Club**
7.00 **Discovering: Morgan Freeman**
8.00 **The Directors**
9.00 **McMillion$** Documentary.
10.00 **The Lady and the Dale**
11.00 **The Man Who Played with Fire**
12.00 NOON **Spitfire** Documentary.
2.00 PM **Forced Out**
4.00 **Discovering: Morgan Freeman**
5.00 **The Directors**
6.00 **McMillion$** As the trial nears, defendants take plea deals.
7.00 **Urban Secrets** From Glasgow.
8.00 **The Invisible Pilot** The mysterious death of small-town crop-duster pilot Gary Betzner.
9.00 **The Nazi Cartel** New edition Levine feels betrayed when Suarez's men are released.
10.00 **An American Bombing: The Road to April 19th**
12.00 M'T **Villeneuve Pironi: Racing's Untold Tragedy**
2.00 AM **Brandy Hellville & the Cult of Fast Fashion**
3.50 **My Icon: Shaun Gayle**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Leonardo DiCaprio**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Vet Adventures**
7.00 **Monkey Life** Woolly monkeys.
8.00 **Gangs of Baboon Falls**
9.00 **Islands** K'gari in Queensland.
10.00 **Brazil Untamed**
11.00 **Chasing the Rains**
12.00 NOON **Predators**
1.00 PM **Monkey Life**
2.00 **Gangs of Baboon Falls**
3.00 **Islands** K'gari in Queensland.
4.00 **Brazil Untamed**
5.00 **Uptown Otters**
6.00 **Predators** Documentary.
7.00 **Monkey Life** Woolly monkeys.
8.00 **Monkeys and More: Our Closest Relatives**
9.00 **Age of the Big Cats** The stories of the cheetah, snow leopard and jaguar.
10.00 **Predators** Documentary.
11.00 **Uptown Otters**
12.00 M'T **Chasing the Rains**
1.00 AM **Evolution Earth**
2.00 **Monkeys and More: Our Closest Relatives** As 8.00pm.
3.00 **Age of the Big Cats**
4.00 **Gangs of Baboon Falls**
5.00 **to 6.00** AM **Islands**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Secrets in the Sand**
9.00 **Hitler's Engineers**
10.00 **National Park Mysteries**
11.00 **Ancient Aliens**
1.00 PM **Egypt's Unexplained Files**
2.00 **Al Murray: Why Does Everyone Hate the English?**
3.00 **Empire Builders**
4.00 **Conspiracy Files: Unsealed**
5.00 **Ultimate Mysteries**
6.00 **Dirty Old Cars**
7.00 **Close Encounters Down Under** A plane's loss over treacherous Bass Strait.
8.00 **Al Murray: Why Does Everyone Hate the British Empire?** The history of British colonial rule in India.
9.00 **Queens of Ancient Egypt** Ancient Egyptian queens who have shaped history.
10.00 **Secrets in the Sand**
11.00 **The Lost Pirate Kingdom**
12.05 AM **Ancient Aliens**
2.05 **Queens of Ancient Egypt**
3.05 **Hitler's Engineers**
4.00 **Egypt's Unexplained Files**
5.00 **to 6.00** AM **Empire Builders**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town** True-crime.
9.00 **Murdertown** Pennie Davis.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Secrets of the Morgue**
1.00 PM **Murder by Medic**
2.00 **Interrogation Secrets**
3.00 **Murdertown**
4.00 **Murder Detective**
5.00 **Robbie Coltrane's Critical Evidence** Keith Cottingham.
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder By Medic**
9.00 **Last Night Out** New edition
10.00 **The Real Murders of Atlanta** New edition True-crime.
11.00 **Accused: Did I Do It?**
12.00 M'T **Murder By Medic**
1.00 AM **Last Night Out**
2.00 **The Real Murders of Atlanta**
3.00 **Secrets of the Morgue**
4.00 **Robbie Coltrane's Critical Evidence** Keith Cottingham.
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Heartland Docs**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Death at the River**
3.00 **Africa's Deadliest**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Fish Tank Kings** Creating new tanks for the South Florida Science Museum.
9.00 **Battle for Wolf Valley** Following a wolf pack over the course of 10 years.
10.00 **Northwoods Survival** The homesteaders race to complete projects before winter sets in.
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Documentary.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Nazi UFO Conspiracy**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X** Phil and Jess investigate caverns.
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Nazi UFO Conspiracy** Alleged connections between UFO sightings and the Nazis.
9.00 **Secrets Underground** Rob Nelson investigates whether a strange lake in California might be home to alien life.
10.00 **How Do They Do It?**
11.00 **Incredible Engineering Blunders: Fixed**
12.00 M'T **The 1980s: The Deadliest Decade** Documentary.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **999 Rescue Squad**
11.00 **Inside the Ambulance**
1.00 PM **999 Rescue Squad** Six editions of the documentary.
7.00 **999 Rescue Squad** A police chase ends with a spectacular crash and five trapped teens in the wreckage. **8.00** The team race to save an injured woman trapped in a van crushed between two lorries. **9.00** Paramedics rescue a man crushed by his own car. **10.00** Emergency services deal with the consequences of gun crime, racing to the scene when a man is shot.
11.00 **Inside the Ambulance** Dan and Shane suspect blood poisoning after picking up a seriously ill patient. **12.00** M'T Michelle and Simon rush to a young man who has collapsed at work, while Gaz and Debbie help a teenager with chest pain.
1.00 **to 6.00** AM **999 Rescue Squad**

+1 hour 266 376

ID

154 141 166

8.00 AM **Married to Evil**
9.00 **Nightmare Next Door**
11.00 **The Perfect Murder**
1.00 PM **Who Killed Jane Doe?**
3.00 **Home Sweet Homicide**
5.00 **Living a Nightmare**
7.00 **Murder Chose Me** The body of a young mother-to-be found dumped in a fishing pond. **8.00** The murder of Nicholas Cox, who was shot dead in November 2001 while on leave from the US Navy.
9.00 **Mother, May I Murder?** When Kay Parsons is brutally murdered and her best friend is shot the very next day, police uncover a tale of adulterous deceit and a deadly mother-son conspiracy.
10.00 **Signs of a Psychopath** Police find a 17-year-old female's dead body in a ditch with two gunshot wounds.
10.30 **Signs of a Psychopath**
12.00 M'T **Reasonable Doubt**
2.00 AM **Living a Nightmare**
4.00 **to 6.00** AM **Murder Chose Me**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal** A Ford Lightning.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Vintage Voltage**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** Jeep Gladiator.
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** Shorty decides to take on the challenge of making a Vietnam veteran's '69 C10 cool.
9.00 **Richard Hammond's Workshop** A 1947 Delahaye sports car.
10.00 **Texas Metal** Polaris Ranger.
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Vintage Voltage**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.35 AM **The Sloth Lane** Animated adventure. (2024, PG, 90min)
8.10 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
9.40 **The Room Next Door** Drama. (2024, 12, 102min) ★★★★
11.35 **Rumours** Comedy horror. (2024, 15, 104min) ★★★
1.25 PM **Long Gone Heroes** (2024)
3.10 **Kraven the Hunter** (2024)
5.20 **Wicked** Musical fantasy adventure with Cynthia Erivo. (2024, PG, 160min) ★★★★

5.20 Wicked

8.00 Long Gone Heroes Action thriller starring Eden Brolin. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. With Andy Garcia. (2024, 15, 101 min)

10.00 The Thicket Drama starring Peter Dinklage and Juliette Lewis. When a band of unlikely heroes pursue a killer, they follow him into a deadly land known as the Thicket. (2024, 15, 108min)

11.55 **Kraven the Hunter** Fantasy adventure with Aaron Taylor-Johnson and Russell Crowe. (2024, 15, 127min) ★★★
2.05 AM **Juror #2** Legal thriller starring Nicholas Hoult. (2024, 12, 113min) ★★★★
4.05 **to 6.00** AM **Sew Torn** Comedy starring Eve Connelly. (2024, 15, 100min) ★★★★

Sky Cinema Hits

303 303 403 503 517

6.35 AM **Cinema List: Antiheroes**
6.50 **Star Trek The Motion Picture**
9.05 **Star Trek II: The Wrath of Khan** (1982, 12) ★★★★
11.00 **Vanilla Sky** Romantic fantasy. (2001, 15, 136min) ★★★
1.20 PM **Charlie's Angels: Full Throttle** Comedy sequel. (2003, 12, 106min) ★★
3.10 **Terminator Salvation** Thriller sequel. (2009, 12) ★★★
5.10 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★

10.30 The Purge

8.00 Bad Boys II Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 The Purge Horror thriller starring Ethan Hawke and Lena Headey. In 2022 America, a family prepare for the one night of the year when all crime is legal. (2013, 15, 85min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Purge: Anarchy** Horror sequel starring Frank Grillo. (2014, 15, 102min) ★★★
1.45 AM **Fury** World War Two drama starring Brad Pitt. (2014, 15, 134min) ★★★
4.05 **to 6.10** AM **Terminator Salvation** As 3.10pm.

Sky Cinema Drama

310 310 410 510 524

6.20 AM **Boy Meets Boy** As 6.35pm.
7.45 **Miranda's Victim** As 10.00pm.
10.05 **Aporia** As shown at 4.25am.
12.00 NOON **Pawn Sacrifice** Sports drama starring Tobey Maguire. (2014, 12, 115min) ★★★★
2.10 PM **The Danish Girl** Period drama with Eddie Redmayne. (2015, 15, 117min) ★★★
4.25 **Minyan** Drama with Samuel H Levine. (2020, 15, 130min) ★★★

6.35 **Boy Meets Boy** Drama starring Matthew Morrison. (2021, 15, 75min) ★★★
8.00 **Chicago** Musical starring Renée Zellweger. A showgirl and a wannabe musical star become celebrities on Murderess Row. (2002, 12, 112min) ★★★★
10.00 **Miranda's Victim** Drama starring Abigail Breslin. After a teenager is brutally attacked, she becomes committed to putting the culprit in prison. (2023, 15, 127min) ★★★

12.10 AM **Saturday Night Fever** Drama starring John Travolta. (1977, 18, 119min) ★★★★
2.15 **Midnight Express** Alan Parker's drama starring Brad Davis. (1978, 18, 120min) ★★★★
4.25 **to 6.25** AM **Aporia** Drama. (2023, 15, 104min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.55 AM **Congo** Jungle adventure. (1995, 12, 108min) ★★★
9.55 **The First Purge** Thriller prequel. (2018, 15, 98min) ★★
11.45 **Five Nights at Freddy's** Horror thriller. (2023, 15, 109min) ★★
1.45 PM **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★
4.00 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★

5.55 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
8.00 **Dune: Part Two** Drama starring sequel Timothée Chalamet. Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators. (2024, 12, 166min) ★★★★★
10.55 **The Exorcist: Believer** Horror sequel starring Leslie Odom Jr. A single parent battles to save the soul of his daughter 13 years after the death of his wife. (2023, 15, 111 min) ★★★

12.50 AM **Out of Darkness** Horror starring Iola Evans. Subtitled. (2022, 15, 88min) ★★★
2.25 **Monolith** Thriller starring Lily Sullivan and Ling Cooper Tang. (2022, 15, 90min) ★★★
4.15 **to 6.00** AM **47 Metres Down** Horror. (2017, 15, 89min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.50 AM **A Tiger's Journey** (2023)
8.30 **Pups United** (2015, U) ★★★
10.05 **The SpongeBob SquarePants Movie** As shown at 4.30pm.
11.40 **Bean** (1997, PG) ★★★
1.20 PM **Mr Bean's Holiday** Comedy. (2007, PG) ★★★
2.55 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
4.30 **The SpongeBob SquarePants Movie** (2004, U) ★★★★
6.00 **The Flintstones** Comedy. (1994, U, 93min) ★★★

9.20 Zathura

7.35 **The Flintstones in Viva Rock Vegas** Comedy prequel with Mark Addy and Stephen Baldwin. (2000, PG, 91 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Zathura – A Space Adventure** Sci-fi fantasy adventure starring Josh Hutcherson and Jonah Bobo. Two brothers plunge into a series of intergalactic adventures when they play a strange board game. (2005, PG, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Twist** Drama starring Michael Caine and Lena Headey. (2021, 12, 90min) ★★★★
12.50 AM **A Tiger's Journey** Drama starring Sunny Pawar. (2023, PG, 94min) ★★★
2.35 **The Tiger Rising** Family drama starring Dennis Quaid. (2022, PG, 102min) ★★★
4.25 **to 6.15** AM **Reuniting the Rubins** Comedy starring Timothy Spall and James Callis. (2010, PG, 98min) ★

Sky Cinema Action

307 307 407 507 521

7.45 AM **The Young Master** Chinese comedy. Subtitled. (1980, 15, 86min) ★★★
9.40 **2 Fast 2 Furious** Thriller sequel. (2003, 12) ★★★
11.35 **The Sum of All Fears** Thriller. (2002, 12, 119min) ★★★★
1.50 PM **Godzilla x Kong: The New Empire** Fantasy sequel. (2023, 12, 115min) ★★★
3.55 **The Meg** (2018, 12) ★★★
6.00 **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★

6.00 Baby Driver

8.00 **Fast & Furious** Action thriller sequel starring Vin Diesel and Paul Walker. A wanted man reunites with an old FBI agent pal to seek revenge on a drugs baron. With Michelle Rodriguez. (2009, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Justice League** Fantasy starring Ben Affleck. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against a supervillain. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Bad Boys** Comedy thriller. (1995, 15, 118min) ★★★
1.55 AM **Seeking Justice** Thriller. (2011, 15, 104min) ★★
3.45 **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
5.45 **to 7.35** AM **Kick-Ass 2** Comic-book thriller sequel. (2013, 15, 99min) ★★★

Sky Cinema Comedy

308 308 408 508 522

8.00 AM **Crazy Rich Asians** (2018)
10.05 **The Book of Clarence** Comedy with LaKeith Stanfield. (2023, 15, 129min) ★★★
12.20 PM **The First Wives Club** Comedy. (1996, PG) ★★★
2.10 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
4.05 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
6.10 **David Brent: Life on the Road** Mockumentary comedy. (2016, 15, 96min) ★★

6.10 David Brent

8.00 **Knocked Up** Romantic comedy starring Seth Rogen and Katherine Heigl. An unemployed slacker gets a gorgeous TV reporter pregnant during a drunken one-night stand. With Paul Rudd and Leslie Mann. (2007, 15, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Pixels** Sci-fi comedy starring Adam Sandler and Peter Dinklage. Four former video games champions are recruited to defend Earth from an invasion of 1980s arcade game characters. (2015, 12, 105min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
2.05 AM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
3.40 **Bowfinger** Comedy drama. (1999, 12, 97min) ★★★★
5.30 **to 7.20** AM **Pixels** As 10.10pm.

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **Cult Killer** As 2.25am.
8.25 **The Island** Sci-fi thriller. (2005, 12, 136min) ★★★
10.50 **Detroit** Fact-based drama. (2017, 15, 143min) ★★★★
1.25 PM **Ocean's Eight** Crime caper starring Sandra Bullock. (2018, 12, 110min) ★★★★
3.25 **Kill** Thriller with Brian Vernel. (2023, 15, 94min) ★★★
5.15 **The Firm** John Grisham legal thriller starring Tom Cruise. (1993, 15, 155min) ★★★

10.05 American Gangster

8.00 **Ocean's Eleven** Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia and Matt Damon. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **American Gangster** Ridley Scott's crime drama starring Denzel Washington. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Mob Cops** Crime drama. (2024, 15, 87min) ★
2.25 **Cult Killer** Thriller with Alice Eve. (2024, 15, 105min) ★★★
4.15 **Jericho Ridge** Action thriller. (2023, 15, 87min) ★★★
5.50 **to 7.40** AM **Gloria** Gangster thriller. (1999, 15, 107min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Wonder Park** Animation. (2019, PG, 85min) ★★★★
12.40 PM **Ron's Gone Wrong** Animated family comedy. (2021, PG, 107min) ★★★★
2.50 **The Man from Colorado** Western starring Glenn Ford. (1948, PG, 99min) ★★★
4.50 **Roman Holiday** Comedy. (1953, b/w, U, 118min) ★★★★★
7.10 **Made in Italy** Comedy drama. (2020, 15, 94min) ★★★

7.10 Made in Italy

Made in Italy (film started at 7.10pm)

9.00 **Where the Crawdads Sing** Drama starring Daisy Edgar-Jones and David Strathairn. A young woman in the Deep South is accused of murder when her suitor is found dead. (2022, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **45 Years** Drama starring Charlotte Rampling. A woman's marriage starts to fall apart in the week before her anniversary when her husband gets a distressing message. (2015, 15, 95min) ★★★★★
1.20 **to 4.00** AM **Happy as Lazzaro** Italian drama starring Adriano Tardiolo. Subtitled. (2018, 12, 122min) ★★★★

+1 hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

7.15 AM **Nobody's Fool** As 4.30am.
9.05 **Valentine's Day** Comedy. (2010, 12, 125min) ★★★
11.10 **Anyone But You** Romantic comedy with Sydney Sweeney. (2023, 15, 103min) ★★★★
12.55 PM **It Ends with Us** Romantic drama starring Blake Lively, Justin Baldoni and Jenny Slate. (2024, 15, 125min) ★★★
3.10 **Saving Private Ryan** (1998)

6.00 **The King's Speech** Royal drama with Colin Firth, Geoffrey Rush and Helena Bonham Carter. (2010, 12, 118min) ★★★★★
8.00 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. A banker convicted of murder forms an unlikely friendship with a fellow convict. (1994, 15, 142min) ★★★★★
10.25 **The Truman Show** Comedy with Jim Carrey and Ed Harris. (1997, PG, 99min) ★★★★

12.10 AM **Saving Private Ryan** Steven Spielberg's war drama. (1998, 15, 169min) ★★★★★
3.00 **Get Away** Comedy horror. (2024, 15, 100min) ★★★★
4.30 **to 6.20** AM **Nobody's Fool** Comedy starring Paul Newman. (1994, 15, 111min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.10 AM **Star Trek V: The Final Frontier** Sci-fi adventure sequel. (1989, PG, 100min) ★★
8.10 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
10.30 **Shane** Western with Alan Ladd. (1953, PG, 118min) ★★★★★
12.30 PM **The Great Escape** Adventure. (1963, PG, 166min) ★★★★★
3.25 **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★

5.50 **Superman II** Fantasy adventure sequel with Christopher Reeve. (1980, PG, 127min) ★★★
8.00 **Superman III** Fantasy adventure sequel starring Christopher Reeve and Richard Pryor. (1983, PG, 123min) ★★★
10.05 **Superman IV – The Quest for Peace** Fantasy sequel starring Christopher Reeve and Gene Hackman. (1987, PG, 90min) ★
11.40 **Last Action Hero** Action fantasy starring Arnold Schwarzenegger. (1993, 15, 130min) ★★★

1.55 AM **Lawless** Drama starring Shia LaBeouf and Tom Hardy. (2012, 18, 111min) ★★★★
3.55 **Streetfighter** Action drama. (1994, 12, 102min) ★★
5.50 **to 7.50** AM **Star Trek: Insurrection** Sci-fi adventure. (1998, PG, 105min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.25 AM **The Inventor** As 1.40am.
8.10 **Antz** Animated comedy. (1998, PG, 83min) ★★★
9.40 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
11.10 **Under the Boardwalk** Animation. (2023, PG) ★★★
12.45 PM **Open Season** Animation. (2006, PG, 86min) ★★★★
2.20 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★

4.00 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
5.45 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
7.25 **The Prince of Egypt** Animated epic. (1998, U, 99min) ★★★★
9.10 **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★
10.30 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
12.00 M'T **Rebellious** Animation. (2024, PG, 94min) ★★★

1.40 AM **The Inventor** Animation. (2023, PG, 100min) ★★★
3.25 **The Road to El Dorado** Animated comedy adventure. (2000, U, 89min) ★★★
5.00 **to 6.25** AM **Batman: Return of the Caped Crusaders** Animation. (2016, PG) ★★★★

Movies 24

312 313 419

7.00 AM **Our Take on Love** Drama. (2022, PG, 87min) ★★
9.00 **Writing a Love Song** Romantic drama. (2024, PG, 85min) ★★
11.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
1.00 PM **Wish Upon a Wedding** Drama. (2023, PG, 85min) ★★
3.00 **Love Hacks** Drama starring Annie Clark and Romaine Waite. (2022, PG, 90min) ★★

5.00 **The Real West** Romantic comedy. (2024, PG, 84min) ★★
7.00 **An Unexpected Valentine** Romantic comedy starring Lacey Chabert and Robert Buckley. (2025, PG, 84min) ★★
9.00 **Romantic Rewrite** Comedy starring Kristina Cole. A book editor who specialises in romance helps a mystery writer incorporate a love story into his book. (2022, PG, 82min) ★★
11.00 **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★

1.00 AM **The Story of Love** Comedy starring Brittany Bristow. (2022, PG, 91min) ★★
3.00 **to 5.00** AM **Magic in Mistletoe Country** Romantic drama. (2023, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Sons of the Sea** Adventure. (1939, U, 82min) ★★
7.35 **And the Same to You** Comedy. (1960, PG, 70min) ★★
9.00 **What's On TPTV with Noel**
9.10 **Lighthouse** (1947, b/w, PG) ★★
10.25 **Look at Life** Documentary.
10.35 **Suspected Person** Drama. (1942, b/w, PG, 74min) ★★
12.10 PM **Dick Tracy's G-Men** Thriller. (1939, b/w, PG, 130min) ★★

2.20 **The Heart Within** Crime drama. (1957, b/w, U, 61min) ★★
3.35 **Up in the World** Comedy. (1956, b/w, U, 91min) ★★★
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Four Star Theatre** 1/31. (S2)
7.05 **Batman** 20/60. (S2)
7.35 **Dial 999** 20/39. (S1)
8.10 **The Proud and Profane** Drama. (1956, b/w, PG, 112min) ★★
10.20 **Cellar Club with Caroline Munro**
10.25 **Christine** Horror starring Keith Gordon. (1983, 18, 110min) ★★★
12.40 AM **Cellar Club with Caroline...**

12.45 **Pin** Thriller. (1988, 18) ★★★
2.50 **Cellar Club with Caroline Munro**
2.55 **Hammer House of Mystery and Suspense** 13/13. (S1)
4.25 **San Ferry Ann** Comedy. (1965, b/w, U, 55min) ★★
5.30 **to 6.00** AM **The Beverly Hillbillies**

8 PM
9 PM
10 PM
11 PM

Tuesday

Tuesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
2.30 LIVE **The Hundred London Spirit Women v Oval Invincibles Women.** Coverage of the match staged at Lord's in London. Start-time 2.45pm. *See feature, page 28.*
6.00 LIVE **The Hundred London Spirit Men v Oval Invincibles Men.** Coverage of the match from Lord's, as the fifth edition of the men's tournament gets underway. Start-time 6.30pm.
9.30 LIVE **WTA & ATP Tennis** Day 10 of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal, featuring matches in the doubles competitions.
11.00 LIVE **WTA & ATP Tennis** Further coverage from day 10 of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Transfer 360** Double bill.
11.00 **Premier League Summer Series** Recent action.
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years** A look at the 1998/99 season.
3.00 **Premier League Summer Series** Recent action.
7.00 **The Transfer Show**
8.00 **Transfer 360** The story of Jimmy Floyd Hasselbaink.
8.30 **Gary Neville's Soccerbox** The presenter talks to Robert Pires.
9.00 **David James: The One and Only** A look at the past, present and future of goalkeeping.
10.30 **Meeting Marinakis**
10.45 **Steven Frayne Meets Manchester United**
11.00 **Premier League Years** Memorable moments from the 1999/2000 season.
1.00 AM **PL Retro** Leicester City v Manchester United from 2014.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** Action from 2013/14.
9.00 **SPFL Highlights** Recent action.
9.45 **EFL Greatest Games**
10.00 **EFL Cup Retro** Manchester City v Sunderland in the 2014 final.
12.00 NOON **EFL Highlights**
1.00 PM **EFL** Sunderland v Wycombe.
2.00 **EFL Highlights**
3.00 **SPFL Highlights**
3.30 **EFL Trophy Football**
4.00 **EFL Cup** The 2021/22 final.
5.00 **Championship Season Review**
6.00 **SPFL Highlights**
6.30 **EFL Highlights**
7.00 **SPFL Round-Up**
7.30 **Championship Season Review**
9.00 **SPFL Highlights**
10.00 **SPFL Round-Up**
10.30 **EFL League One Goals**
11.00 **EFL League Two Goals**
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro** Birmingham City v Arsenal in the 2011 final.
2.00 AM **SPFL** The 2014/15 season.
2.30 **Best Scottish Premiership Goals 2021/22**
3.00 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **EFL Rivalries**
5.30 **to 6.00** AM **Jimmy Glass: The Great Escape**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **The Hundred**
7.30 **Best of England v India**
8.00 **Test Cricket** England v India.
9.00 **The Hundred** Highlights.
9.30 **Best of England v India**
10.00 **Test Cricket Bitesize**
11.15 **The Hundred** Highlights.
11.45 **Best of England v India** England v India in the 2013 ICC Champions Trophy final.
12.15 PM **Test Cricket Bitesize**
1.30 **Best of ICC WT20** Action from England v India from 2007.
1.45 **The Hundred** Highlights.
2.30 LIVE **The Hundred London Spirit Women v Oval Invincibles Women.** Coverage of the match from Lord's, London, as the women's competition gets underway. Start-time 2.45pm.
6.00 LIVE **The Hundred London Spirit Men v Oval Invincibles Men.** Coverage of the match at Lord's, as the men's competition gets underway. Start-time 6.30pm. *See feature, page 28.*
9.30 **The Hundred Bitesize**
10.15 **The Hundred** London Spirit Women v Oval Invincibles Women.
1.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Golf Academy**
7.00 **Playing Lessons**
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **Women's Golf** Women's Open.
10.00 **PGA Tour Golf** An event review.
11.00 **Women's Golf** Women's Open.
12.00 NOON **Golf Academy**
1.00 PM **Playing Lessons**
2.00 **Nick Dougherty's Tee Time Tips**
2.30 **Turkish Airlines Masterclass**
3.00 **Women's Golf** Golf insight.
4.00 **Countdown to the Ryder Cup**
4.30 **The Open Zone**
5.00 **PGA Tour Golf** An event review.
6.00 **Women's Golf** The AIG Women's Open Championship fourth day at Royal Porthcawl, Mid Glamorgan.
7.00 **How the 2016 Ryder Cup Was Won** A look back.
9.00 **PGA Tour Golf** A review of the Wyndham Championship.
10.00 **Women's Golf** Women's Open.
12.00 M'T **Golf Academy**
1.00 AM **Playing Lessons**
2.00 **Nick Dougherty's Winter Tee Time Tips 2022**
3.00 **Women's Golf** Women's Open.
4.00 **The Open Zone** Archive action.
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 413 521 408 430

6.00 AM **Men's Cycling** Highlights.
7.00 **Spirit of Yachting**
7.30 **WRC Review** Rally Finland.
8.30 **Fishing: On the Bank**
9.30 **Men's Cycling** Recent action.
11.30 LIVE **Cycling** Coverage from the men's second stage of the Tour of Poland, a route from Hotel Golebiewski Karpacz to Karpacz.
4.15 PM **The Gruppetto**
4.30 **Race Bikes** Mountain Bike racing.
5.00 **WRC Review** Rally Finland.
6.00 **World E-Bike Series Review**
6.30 **Premier League Stories**
7.00 **Shanghai Masters Snooker**
8.00 **British Open Polo Championship** Recent action.
9.00 **British Speedway** Highlights from round 10 of the season.
10.00 **Race Bikes** Mountain Bike racing.
10.30 **WRC Review** Rally Finland.
11.30 **MLB Highlights**
12.30 AM **MLB Lead Off**
1.00 LIVE **MLB Chicago Cubs v Cincinnati Reds.** Coverage of the National League Central match at Wrigley Field. Start-time is at 1.05am.
4.15 **MLB Closer** A match review.
4.45 **MLB Classic** Archive action.
5.30 **to 6.00** AM **Race Bikes**

TNT Sports 2

411 414 522 409 431

6.00 AM **International T20 Cricket Highlights** Action from West Indies v Pakistan.
8.00 **Race Bikes** A look at the world of Mountain Bike racing.
8.30 **Serie A** Hellas Verona v Juventus.
9.30 Lazio v AC Milan.
10.30 **The Football's On**
6.30 PM **The Football's On** Host Becky Ives talks all things Manchester United.
7.30 Neil 'Razor' Ruddock celebrates another Premier League title for Liverpool.
8.30 **Ref: Stories from the Weekend** An in-depth look at the world of referees.
9.30 **Premier League Stories** A look at how Sunderland are preparing for their top-flight return.
10.00 **Brothers in Football** The story of a non-league side and their links to Corinthians.
11.45 **Shanghai Masters Snooker** A look at this year's tournament.
12.45 AM **Men's Cycling** Highlights.
2.45 **British Speedway** Action from round 10 of the season.
3.45 **Kenny Allstar's Number 1's**
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **The Football's On**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
8.00 **Rugby League Retro** Widnes Vikings v Leeds Rhinos from 2002.
10.00 Warrington Wolves v Leeds Rhinos from 2005.
12.00 NOON **British and Irish Lions Tour** Action from British & Irish Lions v Argentina.
1.00 PM Highlights of Western Force v British & Irish Lions.
2.00 **Rugby League Retro** Widnes Vikings v Leeds Rhinos from 2002.
4.00 **Super League Highlights**
5.00 **British and Irish Lions Tour**
7.00 **Rugby League Retro** Widnes Vikings v Leeds Rhinos from 2002.
9.00 **Between Two Posts** Sean Maloney, Morgan Turinui and an array of guests review the weekend's rugby union matches.
10.00 **British and Irish Lions Tour** British & Irish Lions v Argentina.
11.00 Highlights of Western Force v British & Irish Lions.
12.00 M'T **Rugby League Retro** A chance to see Widnes Vikings v Leeds Rhinos from 2002.
2.00 AM **Super League Highlights**
3.00 **British and Irish Lions Tour**
5.00 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
5.00 **The Transfer Show**
5.30 **Sports Centre**
7.00 **The Transfer Show**
7.30 **EFL Greatest Games**
7.40 LIVE **EFL Cup Accrington Stanley v Oldham Athletic.** Coverage of the northern section preliminary round match at Wham Stadium. The Latics have returned to the EFL for the first time since being relegated to the National League in the 2021/22 season, and face a team that narrowly avoided relegation to the fifth tier last term. Kick-off is at 7.45pm.
9.45 **EFL Greatest Games**
10.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 LIVE **WTA & ATP Tennis** Coverage from day 10 of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **ATP Tennis** Highlights.
8.00 **WTA & ATP Tennis**
12.00 NOON **ATP Tennis** Recent finals.
3.00 PM **WTA Tennis** Hamburg Open.
4.00 **WTA Tennis** The Iasi Open final.
5.00 **WTA & ATP Tennis** Action from day nine of the Canadian Open.
9.00 LIVE **WTA & ATP Tennis** Coverage from day 10 of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal.
4.00 AM **Bitesize Tennis**
4.30 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **UEFA Champions League**
9.00 **NWSL** Recent football action.
11.00 **WNBA** Recent basketball action.
1.00 PM **MLB Highlights**
2.00 **Serie A** Juventus v AS Roma.
3.00 Cagliari v Napoli.
4.00 Monza v Inter Milan.
5.00 **MLB Highlights** Baseball action.
6.00 **Test Cricket Highlights** A review of the first Test between Zimbabwe and New Zealand.
8.00 **Tour de France Women** A look back at this year's Women's Tour de France.
9.00 **Cycling** Action from the men's second stage of the Tour of Poland.
10.00 **Porsche Supercup** Highlights from the Hungarian Grand Prix.
11.00 **WNBA** Action from Las Vegas Aces v Minnesota Lynx.
12.00 M'T Highlights from Seattle Storm v Indiana Fever.
1.00 AM **NWSL** Recent action.
3.00 **to 6.00** AM **UEFA Champions League**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Recent action.
12.00 NOON **WRC Review** The latest action from the Rally Finland.
1.00 PM **International T20 Cricket Highlights** Action from West Indies v Pakistan in Florida.
2.00 **Fishing: On the Bank** A look at the state of British rivers in 2017.
3.00 **Motocross World Championship** Action from the races in Flanders, Belgium.
6.00 **AFL** Action from Collingwood Magpies v Brisbane Lions.
7.30 St Kilda Saints v North Melbourne Kangaroos.
9.00 Action from Geelong Cats v Port Adelaide Power.
10.30 Action from Fremantle Dockers v Carlton Blues.
12.00 M'T **Porsche Supercup** Action from the Hungarian Grand Prix staged in Budapest, Hungary.
1.00 AM **Serie A** Juventus v Napoli.
2.00 Inter Milan v AC Milan.
3.00 **to 6.00** AM **Serie A**

Premier Sports 1

419 551

6.00 AM **UK Independent Kart Racing** Action from round six.
7.30 **Motorsport** Valentino Rossi.
8.00 **FIM Sidecarcross**
9.00 **World Surf League**
10.00 **Transworld Sport** Magazine.
11.00 **LaLiga Specials**
12.00 NOON **Motorsport**
1.00 PM **LaLiga** From 2023/24.
3.00 **FIM Sidecarcross**
3.55 **LaLiga Specials**
4.55 LIVE **Pre-Season Football Bayer Leverkusen v Pisa.** From BayArena. Kick-off 5.00pm.
6.55 LIVE **Pre-Season Football Real Betis v FC Como.** Coverage from Estadio Benito Villamarin. Kick-off 7.30pm.
9.00 **LaLiga Specials**
9.30 **NASCAR Highlights**
10.30 **Transworld Sport** Magazine.
11.30 **LaLiga Specials**
12.30 AM **Motorsport** Highlights.
2.00 **World Surf League**
3.00 **to 6.00** AM **Ultimate Karting**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series** Action from the latest round of the season at Iowa Speedway.
9.00 **GP Confidential** F1 news.
9.30 **Bike World** Magazine.
10.00 **LaLiga Specials**
11.00 **Pre-Season Football** Borussia Dortmund v Lille.
1.00 PM Marseille v Sevilla.
3.00 **LaLiga Specials**
4.00 **Swedish Speedway** Action from Vastervik v Lejonen.
5.55 LIVE **Swedish Speedway** Coverage of an Elitserien meeting.
8.00 **Bike World** Magazine.
8.30 **GP Confidential** All the latest Formula One news.
9.00 **Pre-Season Football** Action from Bayer Leverkusen v Pisa.
11.00 Real Betis v FC Como.
1.00 AM **Swedish Speedway**
3.00 **Bike World** Magazine.
3.30 **International Rugby Union** A chance to see Samoa v Scotland.
5.30 **to 6.00** AM **GP Confidential**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **PGA Tour Golf** An event review.
8.00 **Formula 1** Hungarian Grand Prix.
9.00 **Test Cricket** England v India.
12.00 NOON **PGA Tour Golf**
1.00 PM **Formula 1** From Hungary.
2.00 **PL Greatest Games**
3.00 **Women's Golf** Women's Open.
7.00 **PGA Tour Golf** An event review.
8.00 **Formula 1** Hungarian Grand Prix.
9.00 **WTA & ATP Tennis** Highlights of the Washington Open final.
11.00 **Women's Golf** The AIG Women's Open Championship fourth day.
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics** From 2015.
3.00 **EFL Greatest Games**
4.00 **The Open Zone** Archive action.
5.00 **to 6.00** AM **Golf Academy**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 3** From Hungary.
7.00 **Ollie Bearman**
7.15 **Formula 3** Hungarian Grand Prix.
8.30 **Bearman & Brundle: 75 Years of F1 – Part One**
8.40 **Formula 1** British Grand Prix.
8.45 **Formula 2** Hungarian Grand Prix.
9.45 **Craig Slater Behind the Scenes with Ferrari**
10.00 **Formula 2** Hungarian Grand Prix.
11.20 **Bearman & Brundle: 75 Years of F1 – Part Two**
11.30 **Formula 1** Hungarian Grand Prix.
6.00 PM **George Russell IV**
6.10 **An Interview with Joe Kosinski**
6.20 **Luke Browning IV**
6.30 **GT World Challenge Europe**
10.00 **Formula 1** Hungarian Grand Prix.
12.15 AM **Alonso and Bortoleto IV**
12.30 **Lewis Hamilton: Why Heritage Matters**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 6 August

Evening Planner

Game Show

The Fortune Hotel

ITV1, 9pm

Stephen Mangan welcomes 11 pairs of contestants who will compete to stay the longest at a luxury Caribbean resort.

OnDemand

prime

The Pickup

Available today

Eddie Murphy and Pete Davidson play two mismatched armoured-truck drivers who are forced to take part in a casino heist.

OnDemand

NETFLIX

Wednesday

Available today

Some new faces at the Nevermore Academy for the teenager to deal with – one of which is a mysterious music teacher.

OnDemand

tv+

Platonic

Available today

The second season of the comedy centring on mid-life best friends Sylvia (Rose Byrne) and Will (Seth Rogen).

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 MasterChef		9.00 Destination X		10.00 News; Local News	10.40 Chloe...
	102 BBC2	7.00 SOS: Extreme...	7.30 Grand Tours of...	8.00 Digging for Britain		9.00 The Moors Murders: A Search for Justice		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 The Fortune Hotel		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Can't Sell, Must Sell		9.00 Johnny Vegas: Art, ADHD and Me		10.00 Air India Crash: What Went Wrong?	
	105 5	7.00 Somerset: Wonder of the West Country		8.00 Call the Bailiffs: Time to Pay Up		9.00 Soldier: For King and Country		10.00 Fare Dodgers: At War with the Law	
	106 SKY SHOWCASE	‹ 6.00 The Hundred – Live: Manchester Originals Men v Southern Brave Men (Start-time 6.30)					9.30 Sport's Funniest Moments		10.30 S.W.A.T.
ENTERTAINMENT	115 BBC3	7.00 The Agency: Unfiltered		8.00 Top Gear		9.00 Chloe Ayling: My Unbelievable...		9.50 Pretty Little Liars: Original Sin	
	116 BBC4	7.00 Timothy Spall...	7.30 The Lakes with...	8.00 Japan's Master of Restoration		9.00 Tribe		10.00 Sherlock	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Georgia and Tommy: Happy Essex After		10.00 Botched	
	136 MORE4	‹ 6.55 Grand Designs		7.55 The Dog House		9.00 Grand Designs		10.00 Location, Location, Location Australia	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck Sailing Yacht		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Fire Country		10.00 Matlock	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under		7.50 House of the Dragon		9.00 The White Lotus		10.10 True Detective	
	110 U&GOLD	‹ 6.40 Gavin & Stacey		8.00 Red Dwarf			9.20 Gavin & Stacey		10.35 Not Going...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	‹ 6.55 Junk and Disorderly		7.55 The Chase Celebrity Special		9.00 Film: Speed 2: Cruise Control			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Bad Neighbours 2			
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Agatha Raisin				10.00 S.W.A.T.	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise				10.00 Father Brown	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Alec Guinness: A Class Act				10.00 Sean Connery vs James Bond	
	132 U&W	7.00 MasterChef Australia		8.10 Inside the Ambulance at Christmas		9.10 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Roadworthy Rescues		9.00 Street Outlaws: Locals Only		10.00 Roadworthy Rescues	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Secret Nazi Science		9.00 Nazi Megastructures: Battle Ready		10.00 Erased: WWII Heroes of Colour	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging Up Britain's Past: Henry VIII's...		9.00 Death Coast		10.00 Deadman's Curse	
	155 U&YESTERDAY	7.00 The Lakes with Simon Reeve		8.00 Churchill: Winning the War, Losing the...		9.00 Operation Arctic		10.00 Bangers & Cash	
	121 SKY DOCS	‹ 6.00 Spitfire		8.00 The Invisible Pilot		9.00 Tina			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.15 Wicked		8.00 Kraven the Hunter				10.15 Long Gone Heroes	
	302 FAVOURITES	‹ 6.10 Beetlejuice Beetlejuice		8.00 Venom: The Last Dance			9.50 Joker: Folie à Deux		
	303 HITS	‹ 6.15 Anyone But You		8.00 Charlie and the Chocolate Factory				10.00 Fury	
	304 GREATS	‹ 6.00 Nobody's Fool		8.00 The Great Gatsby					10.30 Saturday...
	305 ANIMATION		7.10 Madagascar		8.40 Open Season 3			10.00 The Road to El Dorado	
	306 FAMILY	‹ 6.00 Spy Kids 2: Island of...		7.45 Spy Kids 3: Game Over		9.15 Jackie Chan's The Tuxedo			
	307 ACTION	‹ 5.55 Twisters		8.00 Long Gone Heroes			9.45 Bad Boys for Life		
	308 COMEDY	‹ 6.20 The Men Who Stare at Goats		8.00 Yesterday				10.05 Bowfinger	
	309 THRILLER	‹ 6.10 Trap		8.00 The Accountant				10.20 Ocean's Twelve	
	310 DRAMA	‹ 6.25 My First Summer		8.00 Grease				10.00 Grease 2	
	311 SCI-FI	‹ 6.10 Men in Black		8.00 Star Trek Into Darkness				10.15 The Birds	
	313 FILM4	‹ 6.40 Ad Astra				9.00 Top Gun: Maverick			
SPORT	401 MAIN EVENT	‹ 6.00 The Hundred – Live: Manchester Originals Men v Southern Brave Men (Start-time 6.30)					9.30 Tennis – Live: The Canadian Open		
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Premier League Years				10.00 PL Stories	10.30 Sticker Book
	403 FOOTBALL	7.00 EFL Cup Highlights				9.00 Best Goals...	9.30 EFL Trophy Football		
	404 CRICKET	‹ 6.00 The Hundred – Live: Manchester Originals Men v Southern Brave Men (Start-time 6.30)					9.30 The Hundred Bitesize	10.15 The Hundred	
	410 TNT SPORTS 1	7.00 Discovery Golf	7.30 FIM Speedway Grand Prix Highlights		8.30 Race Bikes	9.00 MLB – Live: Los Angeles Dodgers v St. Louis Cardinals (Start-time 9.10)			
	411 TNT SPORTS 2	‹ 5.30 MLB – Live: Philadelphia Phillies v Baltimore Orioles (Start-time 5.35)			8.45 EWC All Access			10.00 Rise of the UFC	

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition The keepers hope romance could be blossoming between cheetahs Rachel and Lunis. (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition Claire hopes her quirky crystal ball will help her find a fortune. (S)
4.30 **Bridge of Lies** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 **Destination X**

7 PM

7.00 **The One Show** Alex Jones and Vernon Kay present the topical show. (S)
7.30 **EastEnders** Howie takes matters into his own hands, Ross makes a discovery, and Elaine joins forces with an unlikely ally. (S)(AD)

8 PM

8.00 NEW SERIES **MasterChef** 1/24. The return of the cookery competition, as contestants are put through culinary challenges to test not only their skills but their knowledge of food and ability to cope in a kitchen. (S)
■ Continues tomorrow

9 PM

9.00 **Destination X** New edition 3/10. The European bus trip goes off-road and off the rails as the players find themselves in another mystery country. As ever, host Rob Brydon has even more tricks up his sleeve. (S)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW TO BBC1 **Chloe Ayling: My Unbelievable Kidnapping** 1/3. The model shares the story of her 2017 abduction and tries to come to terms with what took place, the media reaction and why many people refused to believe her. *Previously shown on BBC3.* (S)
11.25 **Chloe Ayling: My Unbelievable Kidnapping** 2/3. Chloe reveals a turning point in her captivity. (S)(R)
12.10 AM 3/3. How, after escaping captivity, Chloe faced a new ordeal – media scrutiny. (S)(R)(AD)
1.00 **Weather for the Week Ahead** Seven-day forecast. (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** Lancashire. (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show.(S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Great British Menu** Chefs from the North West. (S)(R)
4.15 **World's Busiest Cities** The hidden systems running Mexico City. (S)(R)
5.15 **Flog It!** From Chiddingstone Castle in Kent. (S)(R)
6.00 **Richard Osman's House of Games** With guests Charlie Baker, Val McDermid, Martin Offiah and Rebecca Lucy Taylor. (S)(R)
6.30 **Rick Stein's Food Stories** Rick tries rhubarb pizza and goes coracle fishing in Wales. (S)(R)

9.00 **The Moors Murders**

7 PM

7.00 **SOS: Extreme Rescues** New edition Emergency services team up in response to a gas explosion. (S)
7.30 **Grand Tours of Scotland's Rivers** Following the North Esk south from the Pentland Hills. (S)(R)

8 PM

8.00 **Digging for Britain** Alice Roberts visits digs in southern England that reveal a previously unknown Roman town, a Tudor ship beneath a quarry, and evidence of Henry VIII's financial forgery under the Tower of London. (S)(R)(AD)

9 PM

9.00 **The Moors Murders: A Search for Justice** Series finale 2/2. The analysis of new evidence in the case sheds light on why previous investigations have failed to find the remains of Keith Bennett. (S)
■ Entire series on BBC iPlayer

10 PM

10.00 **Mortimer & Whitehouse: Gone Fishing** Bob and Paul journey to the island of North Uist in the Outer Hebrides. (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Space Dive** Documentary about Felix Baumgartner's record-breaking parachute jump, when he became the first person to freefall through the sound barrier. (S)(R)
12.30 AM FILM **Dear Evan Hansen** Film adaptation of the Tony and Grammy Award-winning musical starring Ben Platt, Julianne Moore and Amy Adams. (S)(AD) (2021, 12, 130min) ★★★
2.40 **Sign Zone: Uncanny** (S)(R)(AD)
3.40 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Doctors** New edition A special edition tackling health dilemmas and taboos. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts the game show, with Nadine Coyle, Rick Edwards and Jake Wood competing to win £50,000 for charity. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 **Coronation Street**

7 PM

7.30 **Emmerdale** Ruby, Manpreet and Lewis gossip over lunch, Charity reveals to Vanessa that she has been bleeding, while Vinny opens up to Aaron about trying to kiss someone else. (S)(AD)

8 PM

8.00 **Coronation Street** A stressful wedding day culminates in Bernie requiring an ambulance, Debbie flouts protocol to propose to Ronnie, and Abi lies to Kevin in order to spend time with Carl. (S)(AD)

9 PM

9.00 NEW SERIES **The Fortune Hotel** Game show hosted by Stephen Mangan in which 11 pairs of guests arrive at a Caribbean resort to play a high-stakes game of cat and mouse. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Long Lost Family: Born Without Trace – What Happened Next** Davina McCall and Nicky Campbell reveal what happened to foundling Natasha and her full sister Lee-Ann, who were left as babies in the toilets of two different south London hospitals. (S)(R)(AD)
11.40 **The Fortune Hotel** As shown at 9.00pm. (S)(R)(AD)
12.35 AM **Teleshopping**
3.00 **The Fortune Hotel** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Midweek Menu** A masterclass in cooking onions. (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 21-24/26. (S5) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 16-19/24. (S8) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** New Jersey. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** Nikki and Rosaline search for a holiday home in Sarlat, France. (S)(R)
4.00 **The Great House Giveaway** A bathroom fitter and an air conditioning engineer renovate a house in Greater Manchester. (S)(R)
5.00 **Chateau DIY** Tim and Krys move into their new chateau. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A couple need help relocating from New York to Spain. (S)(R)

10.00 **Air India Crash**

7 PM

7.00 **News** (S)

8 PM

8.00 **Can't Sell, Must Sell** New edition Stuart and Scarlette Douglas are in the Midlands to transform a mock Tudor house and a property that is close to the owner's heart – but is drowning in the colour blue. (S)(AD)

9 PM

9.00 NEW SERIES **Johnny Vegas: Art, ADHD and Me** 1/2. The comedian is asked to create a piece of public art in St Helens – but a diagnosis cause a delay. (S)(AD)
■ Concludes tomorrow
■ Entire series on C4 Streaming

10 PM

10.00 NEW **Air India Crash: What Went Wrong?** A one-off documentary investigation into the recent London-bound Air India Flight AI171 plane crash, in which 260 people died. (S)(AD)
11.05 **First Dates** (S)(R)(AD)
12.05 AM **Celebrity SAS: Who Dares Wins** Double bill. (S)(SL)(R)(AD)
2.00 FILM **Official Competition** Spanish comedy drama starring Penélope Cruz. Subtitled. (S) (2022, 15, 110min) ★★★
3.50 **Kirstie's Fill Your House for Free**
3.55 **Hotel Chocolat: Inside the Chocolate Factory** (S)(SL)(R)(AD)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **FILM Revenge for My Mother** Thriller starring Sami Nye. (S) (2022, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Lucy attempts to convince her friend Carla to try stand-up comedy. (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** Rob and Dave Nicholson learn the traditional method of ploughing using 1930s equipment and some shire horses. (S)(R)
6.55 **News** (S)

9.00 Soldier: For King and Country

7.00 **Somerset: Wonder of the West Country** A visit to Cheddar's famous gorge reveals how its cheese is made and the surprising depths its makers go to get the flavour right. (S)(R)
7.55 **News** (S)
8.00 **Call the Bailiffs: Time to Pay Up** New edition 10/12. Enforcement agents work to remove a former footballer's one-time agent from a house the man didn't know he owned. (S)(AD)
9.00 **NEW SERIES Soldier: For King and Country** 1/4. Sergeant Major Fil Franco is given the task of mentoring the young recruits and challenges them to a relentless battle skills course in the Brecon Beacons. (S)
10.00 **Fare Dodgers: At War with the Law** Investigators search Surrey for a suspect thought to have evaded almost £20,000 of fares in one of South Western Railway's biggest ever fraud cases. (S)(R)
11.05 **A&E After Dark** (S)(R)
12.05 AM **Ambulance: Code Red** The scene of a double stabbing in Birmingham. (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S9) (S)(R)
3.50 **Warship: Life at Sea** (S)(R)
4.40 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S3) (S)(R)
11.00 **Chasing the Rains** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 16/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Homer Simpson in Kidney Trouble:* Homer offers to donate a kidney to Grampa, but soon regrets it. (S)(R)
5.30 *Black Widower:* Sideshow Bob and Selma decide to get engaged. Featuring the voice of Kelsey Grammer. (S)(R)
6.00 **LIVE The Hundred** Manchester Originals Men v Southern Brave Men: Coverage of the match staged at Old Trafford. Start-time is at 6.30.

5.00 The Simpsons

LIVE The Hundred (started at 6.00pm)

9.30 **Sport's Funniest Moments** A collection of some of the funniest and most farcical moments from the sporting world, in the company of the likes of James Haskell and Chris Kamara. (S)(R)(AD)
10.30 **S.W.A.T.** *Life:* 3/22. The squad face a prison hostage situation, only to be thrust into even deeper danger when a bomb explodes and some maximum-security prisoners are freed. (S8) (S)(R)(AD)
11.30 **Peacemaker** 3/8. Economos and Murn bond on their first official mission. (S)(R)(AD)
12.30 AM 4/8. Murn recruits Vigilante. (S1) (S)(R)(AD)
1.25 **An Idiot Abroad** Karl Pilkington visits Egypt. (S)(R)(AD)
2.20 **The Office (US)** (S9) (S)(R)
3.10 **NCIS: Los Angeles** (S13) (S)(R)
4.05 **S.W.A.T.** 16/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
12.55am Scotcast (S)(R)
1.25 Weather for the Week Ahead (S) **1.30-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm We Built a Zoo (S)(R) **11.40** Chloe Ayling: My Unbelievable Kidnapping (S)(R)(AD) **2.00-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.00-7.30pm SOS: Extreme Rescues New edition (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
7.00-7.30pm The One Show (S)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **10.30** Eisteddfod Genedlaethol New edition **12.00noon** Newyddion **12.05pm** Eisteddfod Genedlaethol New edition **2.00** Newyddion **2.05** Eisteddfod Genedlaethol New edition **4.00** Eisteddfod Genedlaethol New edition **5.30** Eisteddfod Genedlaethol New edition **7.30** Newyddion a'r Tywydd **7.50** Eisteddfod Genedlaethol New edition **10.30-11.35pm** Am Dro! – Am Dro Steddfod!

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BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Agency: Unfiltered** 5/6. Kirsten and Amy find out what the competitors are like when their guard is down. **7.30** 6/6. It's crunch time at the Halloween party.
7.55 **The Catch Up**
8.00 **Top Gear** A car that can be turned into a hovercraft.
9.00 **Chloe Ayling: My Unbelievable Kidnapping** Series finale 3/3. How, after escaping, Chloe faced the ordeal of media scrutiny. ■ Entire series on BBC iPlayer
9.50 **Pretty Little Liars: Original Sin** *Carnival of Souls:* 7/10. Mouse and Tabby struggle with secrets. **10.40** *Bad Blood:* 8/10. Sidney confronts her daughter about a secret. (S1)
11.30 **Planet Sex with Cara Delevingne** Documentary.
12.15 AM **Top Gear** As 8.00pm.
1.15 **Chloe Ayling: My Unbelievable Kidnapping**
2.00 **Zoners** One-off comedy.
2.15 **to 3.55** AM **A Good Girl's Guide to Murder**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Peterborough.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** A couple who cannot agree what to do with their home in Wandsworth, south London.
6.55 **Grand Designs** A couple transforming a Victorian dairy into a family home.
7.55 **The Dog House** Members of the Fullagar family get more than they bargained for when they are introduced to father and daughter, Pepe and Tink, who cannot be separated.
9.00 **Grand Designs Revisited** Kevin McCloud catches up with a couple in Hackney who were having issues with their build on a twin garage plot.
10.00 **Location, Location, Location Australia** New edition Megan and Dave want to move to be closer to Megan's family, but with busy lives and two young sons, finding the right time has been difficult.
11.05 **999: On the Front Line**
12.05 AM **Emergency Helicopter Medics**
1.10 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Timothy Spall Back at Sea** The actor sails into misty waters in Scotland.
7.30 **The Lakes with Paul Rose** Exploring Borrowdale and Derwentwater.
8.00 **Japan's Master of Restoration** New edition 2/3. Koji Mayuyama and his son Yu undertake the restoration of a ceramic horse from the Edo period.
8.50 **Around the World in 80 Treasures** Dan Cruickshank visits Mali to learn about the culture of Dogon country.
9.00 **Tribe** 1/6. The Adi people of the Himalayas.
10.00 **Sherlock** 1/3. Holmes and Watson examine a seemingly impossible suicide. (S1)
11.30 **Mark Lawson Talks to Mark Gatiss**
12.30 AM **Timothy Spall Back at Sea** As 7.00pm.
1.00 **The Lakes with Paul Rose**
1.30 **Storyville: The Hijacker Who Vanished – The Mystery of DB Cooper**
2.55 **to 3.55** AM **Tribe**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four episodes.
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** Sienna makes a shocking discovery.
7.30 **The Simpsons** *Let's Go Fly a Coot:* Grampa tells the family about the Air Force.
8.00 **NEW SERIES Below Deck Sailing Yacht** 1/16. Gary and Daisy try to work through resentments that bubbled up between seasons, while the new crew members get feisty and flirty.
9.00 **Gogglebox** Appraisals of shows including *Boarders*. **10.00** Shows include *Into the Congo with Ben Fogle.*
11.05 **Naked Attraction**
12.05 AM **The Big Bang Theory**
1.00 **The Simpsons**
1.30 **Brooklyn Nine-Nine**
2.25 **Modern Family**
2.50 **The Goldbergs**
3.45 **Below Deck Sailing Yacht**
4.30 **Young Sheldon**
5.20 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

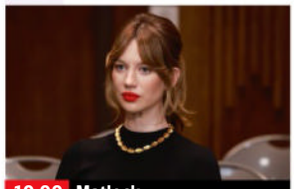
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **FBI** 12/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 12/22. A Colombian drug lord escapes from prison. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**


10.00 Matlock

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Double bill.
8.00 **True Blood** 9&10/12. (S2)
10.05 **Six Feet Under** 3&4/13. (S3)
12.15 PM **House of the Dragon**
1.25 **Babylon Berlin** 3&4/8. (S1)
3.35 **True Blood** 9/12. A wounded Eric takes advantage of Sookie's good nature.
4.40 10/12. Bill, Sookie and Jason return to a devastated Bon Temps. (S2)
5.40 **Six Feet Under** 3/13. Lisa finally quits her job.
6.45 4/13. Lisa plans a birthday party for Ruth. (S3)

5.40 Six Feet Under

Sky Max

113/114 109/110 111 346 361

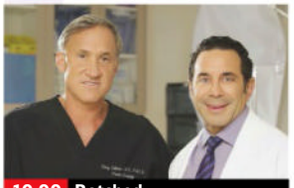
6.00 AM **Hawaii Five-0** (S10)
8.00 **Magnum P.I.** 11/20. (S5)
9.00 **Stargate Atlantis** (S3)
11.00 **SEAL Team** 8/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S10)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 16/22. Hondo is forced to go on the run. (S5)
5.00 **SEAL Team** 7/22. The team get a tip they hope will lead them to Andres Doza. (S2)
6.00 **Stargate Atlantis** 3/20. Dr Beckett falls under the influence of a stranger. (S3)

8.00 Agatha Raisin

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **The Real Housewives of Salt Lake City** Reality series.
12.05 PM **Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Potomac**
5.00 **The Real Housewives of Salt Lake City** New edition
6.00 **Celebrity Catchphrase**


10.00 Botched

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.15 **The Royal** *The Enemy Within.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Dead in the Water:* A man's body is found in the river during the annual Midsomer Regatta.
5.50 **Heartbeat** *Catch Us if You Can:* An old pal of Greengrass's turns up with a money-making scheme.

5.50 Heartbeat

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.50 House of the Dragon *A Son for a Son:* 1/8. As Rhaenyra struggles to come to terms with her son's murder, Alicent grows concerned by Aegon's Small Council. (S2)

7.00 Stargate Atlantis *Sateda:* 4/20. The team launch a rescue mission when Ronon is captured by the Wraith. (S3)

7.00 Deal or No Deal Stephen Mulhern hosts as Meg takes on the Banker for the chance to win life-changing money.

6.55 Heartbeat *Giving the Game Away:* A former acquaintance of Nick's arrives from London and soon raises suspicions.

8 PM

8.00 The Equalizer *Leverage:* 3/18. McCall is hired by a mother who suspects her teenage son has joined a local gang. (S2)

8.00 Agatha Raisin *A Spoonful of Poison:* 3/4. The judge of Carsley's jam-making competition dies after being poisoned by the winning entry and Agatha resolves to discover the identity of the culprit. (S4)

8.00 Million Dollar Listing: LA Flagg creates a marketing video with a special guest to promote a house.

8.00 Vera *On Harbour Street:* Investigating the death of a pensioner found stabbed on a busy train, Vera follows the trail to a quiet coastal town where clues appear to lead to one particular street.

9 PM

9.00 Fire Country New episode *Firing Squad:* Bode receives a big opportunity. (S3)
■ Entire series on Box Sets

9.00 The White Lotus *In the Sandbox:* 4/7. Harper is blindsided by shocking evidence from Ethan's night out. (S2)

9.00 Georgia and Tommy: Happy Essex After New edition 2/3. Georgia is exhausted.
■ Entire series on ITVX

10 PM

10.00 Matlock *A Guy Named Greg:* 3/19. Matty's rusty trial skills are put to the test during a wrongful termination case. (S1)
11.00 **FBI** 12&13/13. (S6)
1.00 AM **FBI: Most Wanted** (S5)
2.00 NEW SERIES **FBI** 1/22. (S7)
3.00 NEW SERIES **FBI: International** 1/22. (S4)
4.00 **Highway Patrol** New edition
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 310

10.10 True Detective *Down Will Come:* 4/8. Velcoro, Bezzerides and Woodrugh struggle to keep the case straight. (S2)
11.10 **The Sopranos** 1/13. New Jersey mobster Tony Soprano suffers a midlife crisis. (S1)
12.20 AM **Succession** 8&9/10. (S2)
2.40 **The Night Of** 7/8. Naz makes a discovery. (S1)
3.45 **House of the Dragon** (S2)
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

10.00 S.W.A.T. *Life:* 3/22. The squad face a prison hostage situation, but are soon thrust into even deeper danger. (S8)
11.00 **Peacemaker** 3/8. Economos and Murn bond on their first official mission.
12.00 M'T 4/8. Murn decides to recruit Vigilante. (S1)
1.00 AM **An Idiot Abroad**
2.00 **Road Wars** Vehicle crime.
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 16/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

10.00 Botched A former reality TV star seeks a breast reduction after her boobs 'got huge on Snapchat.'
11.00 **Family Guy** 3/20. Lois's parents hire a nanny to help with the children. (S16)
11.30 **Family Guy** 17/18. (S13)
12.00 M'T **American Dad!** (S12)
1.00 AM **Bob's Burgers** 9/22. (S11)
1.30 **Karaoke Club: Drag Edition**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

10.00 Foyle's War *The Hide:* Foyle puts his retirement on hold to help a man who has been sentenced to hang for high treason.
11.50 **Agatha Christie's Poirot** *The Big Four:* The sleuth is reunited with sidekick Captain Hastings, secretary Miss Lemon and Inspector Japp in a case that plunges him into the world of global espionage.
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year 2023** The best houses in the east of Scotland.
8.00 **This Farming Life** Carianne searches for the mother of an abandoned calf.
9.00 **The Hunt for Bible John** 1/2. An exploration of one of Scotland's most notorious unsolved serial killer cases.
10.00 **River City** New episode A jealous Drew makes a move to take revenge.
10.30 **Gary: Tank Commander** 6/6. Charlie starts a rumour about himself. (S1)
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files: Cold Cases**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** (S2)
9.00 **The Conners** (S1)
10.00 **Insecure** 1&2/8. (S1)
11.15 **Sex and the City** (S1)
12.20 PM **Silicon Valley** (S6)
1.55 **Insecure** 1&2/8. (S1)
3.10 **The Rehearsal** 3/6. (S1)
3.50 **Sex and the City** (S1)
5.05 **Hello Ladies** 3/8. Stuart sets up a date. (S1)
5.45 **The Conners** (S1)
6.45 **The Office (US)** (S9)
7.45 **Vice Principals** 3/9. Gamby invites himself on a history field trip.
8.25 4/9. Gamby and Russell push Dr Brown to breaking point. (S1)
9.00 **Entourage** 1&2/14. (S2)
10.15 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.15 **Sex and the City** (S6)
12.35 AM **Girls** 1&2/10. (S5)
1.55 **Hung** 7&8/10. (S1)
3.10 **How to Make It in America** 4/8. (S1)
3.50 **to 5.00** AM **The Rehearsal**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Highlights**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Rudyard Kipling: A Secret Life**
3.00 **Master Crafters: The Next Generation**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Alec Guinness: A Class Act**
10.00 **Sean Connery vs James Bond**
11.15 **Welcome to the Eighties**
12.15 AM **Comedy Legends**
1.15 **The Lot of Fun: Where the Movies Learned to Laugh**
2.15 **The Art of Australia**
3.30 **The Art of Architecture**
4.30 **Inside Art**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** *The Child:* 1/22. Counsellor Troi gives birth. (S2)
8.00 **Star Trek: Deep Space Nine** *Past Tense – Part One:* 11/26. (S3)
9.00 **The Rookie** (S5)
11.00 **Grimm** 9/22. (S5)
12.00 M'T **Britain's Most Evil Killers** Dale Cregan.
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Wheel of Fortune** Graham Norton hosts the quiz show.
3.00 **Tenable** Double bill of the game show hosted by Warwick Davis.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show in which a contestant takes on the ruthless Banker.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Wheel of Fortune** Graham Norton hosts the quiz show.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 11/13. (S2)
9.00 **Diagnosis Murder** (S4)
10.00 **Little House on the Prairie** 9&10/22. (S2)
12.00 NOON **Highway to Heaven** 18/25. (S1)
1.00 PM **Father Dowling Mysteries** 3/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 16&17/25. (S8)
9.00 **Randall and Hopkirk (Deceased)** *The Smile Behind the Veil:* 26/26. A mourner's furtive smile arouses his suspicions. (S1)
10.00 **The New Avengers** (S1)
11.00 **The Avengers** (S6)
12.00 M'T **M*A*S*H** (S8)
1.00 AM **Randall and Hopkirk (Deceased)**
2.00 **Hart to Hart** 11/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.10 **Minder** Double bill.
7.10 **Kojak** Double bill.
9.20 **Magnum, PI** Double bill.
11.25 **Giant Lobster Hunters**
12.25 PM **The Casebook of Sherlock Holmes** Mystery.
1.35 **Kojak** Double bill.
3.50 **Magnum, PI** *The Black Orchid:* Thomas becomes involved in a crime drama. **4.55** *J 'Digger' Doyle:* Robin hires a security expert.
5.50 **Minder** *Too Many Crooks:* Arthur ventures into cuisine.

9.00 Speed 2: Cruise Control

6.55 **Junk and Disorderly** The team head for Mark's shed in Shrewsbury to pick up trinkets before going to an auction in Tewkesbury.

7.55 **The Chase Celebrity Special** Bradley Walsh hosts as Tim Vine, Alice Beer, Ken Bruce and Sonny Jay take part in the quiz.

9.00 **FILM Speed 2: Cruise Control** Action thriller sequel starring Sandra Bullock and Jason Patric as a holidaying couple trying to prevent a villain blowing up a luxury liner. With Willem Dafoe. (1997, PG, 125min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **FILM Game of Death** Thriller starring Wesley Snipes. A CIA agent plays a dangerous game when he becomes an bodyguard to an arms dealer. (2010, 15, 93min) ★★
1.15 AM **BattleBots**
2.15 **Motorsport Mundial**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 26/26. (S7)
2.00 **Primeval** 5/6. (S1)
3.00 **Stargate Atlantis** 2/20. (S3)
4.00 **Star Trek: Voyager** 8/26. (S7)
5.00 **Star Trek: The Next Generation** 26/26. (S7)
6.00 **Star Trek: Enterprise** 12/22. Part one of three. The crew members head for peace talks with the Andorians. (S4)

7.00 Primeval

7.00 **Primeval** 5/6. The discovery of a murdered golfer and an anomaly in the sky lead to a whole new set of problems. (S1)

8.00 **Stargate Atlantis** *Misbegotten:* 2/20. The Atlantis team set up a PoW camp for former Wraiths. (S3)

9.00 **The Leftovers** *Off Ramp:* 3/10. Laurie writes a tell-all book, while Tom helps rescue a Guilty Remnant recruit. (S2)

10.00 **The Walking Dead** *One More:* 19/22. Gabriel and Aaron search for food and supplies to bring back to Alexandria. (S10)

11.00 **FILM Drone Wars** Action adventure starring Corin Nemec. A small team of scientists hidden in Los Angeles attempt to defeat the drones that have invaded Earth. (2016, PG, 79min) ★★
1.00 AM **Train** 11 & 12/12. (S1)
3.20 **Primeval** 5/6. (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown** *The Royal Visit.*
10.00 **The Mentalist** 12/23. (S1)
11.00 **Hudson & Rex** 2/20. (S5)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 12/23. (S1)
5.00 **Hudson & Rex** 2/20. (S5)
6.00 **Father Brown** *The Royal Visit:* The visit of Princess Margaret to Kembleford is jeopardised when a school caretaker is found murdered.

7.00 Miss Scarlet and the Duke

7.00 **Miss Scarlet and the Duke** 6/6. Eliza gets a bomb in the post and teams up with Moses, Duke and an enemy. (S3)

8.00 **Death in Paradise** *She Was Murdered Twice:* 7/8. A company boss is killed during a team-building exercise. (S4)

9.00 **Death in Paradise** *Beyond the Shining Sea – Part One:* 5/8. DI Mooney investigates the death of a festival queen. (S8)

10.00 **Father Brown** *The Devil You Know:* A senior member of the police force is murdered at a bowls match.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 3/14. Caffrey and Burke search for a Bible when a mobster asks the FBI agents watching him to find the book. (S1)
12.55 AM **Death in Paradise**
1.55 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.00 **Last of the Summer Wine**
10.20 **Are You Being Served?**
11.00 **Still Open All Hours**
11.35 **Last of the Summer Wine**
12.55 PM **Keeping Up Appearances**
1.35 **I Didn't Know You Cared**
2.15 **Dad's Army**
2.55 **Still Open All Hours**
3.30 **Last of the Summer Wine**
4.50 **Are You Being Served?**
5.30 **Dad's Army**
6.05 **Still Open All Hours**
6.40 **Gavin & Stacey**

10.35 Not Going Out

7.20 **Gavin & Stacey** The Shipmans drive to Wales, and Nessa tells Stacey her big secret.

8.00 **Red Dwarf** Holly is involved in a duel against the Queeg 500. **8.40** Holly's new invention hurls the crew into a parallel universe.

9.20 **Gavin & Stacey** The bride-to-be goes on a hen party, while Gavin has on two stag nights. **9.55** The day of the wedding arrives and Bryn is still behaving oddly around Stacey's brother.

10.35 **Not Going Out** Lee checks himself for lumps.

11.15 **The Office** Brent and Finchy resolve to beat Tim and Ricky at the annual quiz.
11.55 **Gavin & Stacey** Double bill.
1.10 AM **Not Going Out**
1.50 **The Office** As 11.15pm.
2.35 **Here We Go**
3.05 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gassed Up**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Cape Carnage: Killer Catch**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Celebrity Storage Hunters** Double bill.
2.00 PM **Cape Carnage: Killer Catch** Documentary.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall**
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers discover the history of the much-maligned dish tripe.

2.00 Cape Carnage: Killer Catch

7.00 **Would I Lie to You?** Featuring Miranda Hart, Rhod Gilbert and Hugh Fearnley-Whittingstall. **7 PM**

7.40 **Richard Osman's House of Games** With Jayde Adams and Scott Mills. **8.20** Mark Billingham, Neil Delamere, AJ Odudu and Lucy Porter take part. **8 PM**

9.00 **QI XL** Sandi Toksvig hosts the quiz, with panellists Bridget Christie, Sara Pascoe, Deborah Frances White and Alan Davies. **9 PM**

10.00 **Have I Got a Bit More News for You** Naga Munchetty hosts the satirical quiz, with Richard Osman and Maisie Adam. **10 PM**
11.00 **Taskmaster** With Joe Thomas.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You? at Christmas** With Angela Rippon.
1.20 **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.20 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Supercruising: Life at Sea** Documentary.
8.00 **Michael Mosley: Secrets of the Superagers** People who seem to defy the normal rules of ageing.
9.00 **24 Hours in A&E** A former lollipop lady arrives after being attacked by her cat. **10.00** A staff colleague is admitted after being knocked off her bike.
11.05 **Ramsay's Kitchen Nightmares USA**
12.00 M'T **Gogglebox**
2.05 AM **999: On the Front Line** Documentary.
3.05 **24 Hours in A&E**
4.05 **to 4.35** AM **Four in a Bed**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 7-9/19. (S5)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Capitol Offence:* 3/25. An old friend of Gibbs' claims he is being framed for a murder. **7.00** *Heartland:* 4/25. A Marine is found dead in Gibbs's home town. **8.00** *Nine Lives:* 5/25. A Marine is found to have been tortured to death in his garage. (S6)
9.00 **Criminal Minds** *Blue Angel:* 3/22. The BAU team head to Detroit, where two men have been discovered dead. **10.00** *Killer App:* 4/22. The BAU investigate a fatal drone shooting in Silicon Valley. (S13)
11.00 **Law & Order: Special Victims Unit** (S16)
12.55 AM **The Resident** (S3)
2.50 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Extreme Nightmare Tenants** Documentary.
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Fare Dodgers: At War with the Law**
10.00 **NEW SERIES Murder 360** Documentary.
11.00 **Skin A&E**
12.00 M'T **Making a Serial Killer** Donna Perry.
1.00 AM **My Lover, My Killer**
2.00 **GPs: Behind Closed Doors** Medical series.
2.50 **Casualty 24/7: Every Second Counts**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Outback Truckers**
10.00 **Trucking Hell**
11.00 **Traffic Cops**
12.00 NOON **Police Interceptors**
2.05 PM **FILM Walk the Proud Land** Western starring Audie Murphy. (1956, U, 88min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** A drunk-driver is pursued through a graveyard. **7.00** Officers track down a driver trying to outrun the law. **8.00** A drug dealer is pulled over by police.
9.00 **Traffic Cops**
10.00 **Police: Suspect No 1**
11.00 **MacGyver** 3/21. (S1)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Warship: Life at Sea** Documentary.
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The chefs must create an elevated version of their favourite late-night snack.
8.10 **Inside the Ambulance at Christmas** Snow in the West Midlands causes problems for the crews.
9.10 **One Born Every Minute** A woman coping with a family bereavement goes into labour. **10.10** A teenager gets ready for her first birth.
11.10 **999 Rescue Squad**
1.20 AM **Inside the Ambulance**
1.45 **to 3.00** AM **Changing Rooms Australia**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.25 **Doctors**
9.40 **Classic Holby City**
10.40 **Classic Casualty**
11.45 **The Bill**
12.45 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Doctor Blake Mysteries**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.35 **Last of the Summer Wine** Double bill.
8.00 **Darby and Joan** Series finale 6/6. Racing to find the gun that can clear Jack's name, the duo are pursued. (S2) ■ Entire series on U
9.00 **Sister Boniface Mysteries** 2/12. (S2)
10.00 **New Tricks**
11.20 **Spooks** 5/10. (S4)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Waiting for God**
2.50 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

WEDNESDAY Entertainment

Wednesday

Really
142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** Kelly Hoppen.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Natasha Raskin Sharp and Raj Bisram gather items for their last auction in Cambridge. **8.00** Raj Bisram and Irita Marriott visit Suffolk and Norfolk.
9.00 **1000-lb Roomies** New edition Jaz and Nesha's days of bonding over the burger are over after Jaz is tasked with losing weight.
10.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Reality series.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** Will Greenwood battles Duncan James.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **The Bidding Room** Items include a toy milk cart, a knife sharpener and a drinks cabinet.
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill.
10.00 **Classic Who Wants to Be a Millionaire?** Quiz.
12.00 M'T **Bullseye**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **Wild West Chronicles** Western.
8.30 **FILM Apache Ambush** Western. (1955, U) ★★
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM The Indian Fighter** Western. (1955, PG, 88min) ★★★
3.00 **FILM The Warrant** Action crime drama. (2020, 12, 84min) ★★
4.55 **FILM Shadow on the Mesa** (2013, 12) ★★
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM Breakout** Thriller. (2013, 15, 85min) ★
11.00 **FILM Night Hunter** Action thriller. (2018, 15, 88min) ★★
1.10 AM **FILM End of the World** Disaster movie. (2018, PG, 88min) ★★
3.00 **Cops Uncut**
4.30 **to 5.00** AM **Air Rescue**
+1 hour 324 319

GREAT! movies
321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7** Documentary.
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mystery: The Deadly Room** Drama. (2015, PG, 83min) ★★
1.00 PM **FILM A Focus to Kill** Thriller. (2018, 12) ★★
2.55 **FILM Famous and Fatal** Thriller. (2019, 12) ★★
5.00 **FILM The Student** Suspense thriller. (2017, 12, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM The Air I Breathe** Crime drama. (2007, 15, 95min) ★★
11.05 **FILM Text to Kill** Drama. (2015, 12, 83min) ★★
1.10 AM **FILM A Killer in My Home** Mystery thriller. (2020, 12, 90min) ★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Twisted Tenant** Thriller. (2018, PG, 90min) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM Love Map** Comedy. (2022) ★★
10.05 **FILM Snowkissed** Comedy. (2021, PG) ★★
12.05 PM **FILM A Winter Getaway** Romance. (2021, PG, 84min) ★★
2.00 **FILM One Winter Weekend** Drama. (2018, 84min) ★★
3.55 **FILM One Winter Proposal** Comedy. (2019, PG, 84min) ★★
5.55 **FILM A Feeling of Home** Romance. (2019, PG, 90min) ★★
8.00 **FILM Love By Chance** Romantic comedy. (2016, PG, 125min) ★★
10.05 **FILM Make Me a Match** Romantic drama. (2023, U, 85min) ★★
12.00 M'T **FILM A Brush with Love** Drama. (2019) ★★
2.05 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM One Winter Weekend** As shown at 2.00pm.
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** (S1)
10.30 **You're Only Young...**
11.00 **I Dream of Jeannie**
11.30 **Don't Drink the Water**
12.00 NOON **Carry On Laughing** (S2)
12.30 PM **Jokers Wild**
1.00 **Kane & Abel**
3.45 **Auto Rewind**
4.00 **Blue Thunder**
5.00 **Lucky Feller**
5.30 **You're Only Young Twice** 5/7. (S1)
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S3)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Don't Drink the Water**
8.30 **Lucky Feller**
9.00 **Bramwell** (S3)
10.00 **Soap** (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM The Swiss Conspiracy** Thriller. (1975, 15, 88min) ★★
1.45 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Yukon Men**
3.00 **Alaska: Homestead Rescue** Double bill.
6.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Wild Bill pilots the *Summer Bay* whilst handling conflict on deck. **8.00** The perilous Bering Sea causes havoc for the fleet.
9.00 **Tiny House, Big Living** New editions Four editions. Couples learn what it really means to downsize when they take the plunge into the tiny house real estate market.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Jamie's Easy Meals for Every Day**
7.00 **Barefoot Contessa**
8.00 **James Martin's American Adventure**
9.00 **River Cottage Every Day**
10.00 **The Hairy Bikers...**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **James Martin's American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Every Day**
6.00 **The Hairy Bikers' Mediterranean Adventure**
7.00 **Great British Bake Off**
9.00 **Hairy Bikers' Mississippi Adventure**
10.00 **James Martin's Great...**
11.00 **Diners, Drive-Ins and...**
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 22/25. (S7)
9.00 **The Fall Guy** (S2)
10.00 **Knight Rider** (S4)
11.00 **FILM Polar Storm** Sci-fi. (2009, PG, 92min) ★★
1.00 PM **FILM Voyage to the Bottom of the Sea** Sci-fi adventure. (1961, U, 105min) ★★★
3.05 **FILM The Devil-Ship Pirates** Adventure. (1963, U, 96min) ★★
5.00 **Star Trek** 11/24. (S3)
6.00 **Knight Rider** 11/22. (S4)
7.00 **The Fall Guy** (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Behind Enemy Lines** War drama. (2001, 12, 106min) ★★★
11.05 **FILM Thick As Thieves** Action crime thriller. (2009, 15, 104min) ★★
1.05 AM **FILM Stagecoach** Action Western. (2016, 15, 90min) ★★
2.55 **to 5.00** AM **FILM Castle Freak** Horror. (1995, 18, 90min) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Tornado Warning** As 5.00pm.
8.00 **The Gambler Returns: The Luck of the Draw**
10.00 **The Lost World** (S3)
11.00 **FILM Apocalypse of Ice** Disaster epic. (2020, PG, 88min) ★★
1.00 PM **FILM Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 12/23. (S4)
5.00 **FILM Tornado Warning** Sci-fi action thriller. (2012, PG, 90min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 13/23. (S4)
9.00 **FILM Wanted: Dead or Alive** Action thriller starring Rutger Hauer. (1988, 106min) ★★
11.05 **FILM Backtrace** Thriller with Sylvester Stallone. (2018, 15, 92min) ★★★
1.00 **to 3.00** AM **FILM St. Agatha** Horror. (2018, 15, 103min) ★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Files Reopened**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Files Reopened**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence**
10.00 **World's Most Unexplained...**
11.00 **The Proof Is Out There: Bermuda Triangle**
12.00 M'T **Secrets in the Sand**
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Amazing Railway Adventures** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Australia.
12.00 NOON **Reuben: Life in the Dales**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
6.00 **All Creatures Great and Small**
7.00 **Reuben: Life in the Dales** Documentary.
8.00 **Ben Fogle: New Lives in the Wild** Alaska.
9.00 **Portugal with Michael Portillo** The Algarve.
10.00 **Into the Congo with Ben Fogle**
11.00 **All Creatures Great and Small**
12.00 M'T **Yorkshire Great and Small**
1.00 AM **Amazing Railway Adventures** Double bill.
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **Chasing The West** New edition Two Texans turn to the brothers to find a large home.
10.00 **Home Town** New edition Ben and Erin Napier design an artist's cottage.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
8.00 **Sister Wives** New edition Reality show.
9.00 **1000-lb Sisters**
10.00 **Dr Pimple Popper**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant**
2.00 **Dr Pimple Popper**
3.00 **Body Bizarre**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Extreme Cheapskates**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S4)
1.00 PM **Friends** (S5&6)
7.30 **Friends** 5/25. Rachel forces Ross to annul their marriage. **8.00** 6/25. Joey and Chandler celebrate their last night as flatmates. **8.30** 7/25. Rachel is embarrassed. (S6)
9.00 **FILM Bad Neighbours 2** Comedy sequel with Seth Rogen and Zac Efron. (2016, 15, 90min) ★★
10.45 **Whose Line Is It Anyway? USA**
11.45 **South Park** (S2&14)
1.45 AM **Broad City** (S3)
2.45 **Kevin Bridges: A Whole Different Story**
3.40 **Beavis and Butt-Head**
3.50 **CC Live: Stand Up Shorts** 6/7. (S1)
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 12&13/13. (S2)
11.00 **Friends** (S8)
1.00 PM **Impractical Jokers**
2.00 **Daria** 2&3/13. (S3)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S6)
7.00 **Everybody Loves Raymond** Four episodes of the series, including at: **8.00** 22/24. Ray tries to help Debra. **8.30** 23/24. Robert quits the police. (S4)
9.00 **South Park** (S1&5)
12.00 M'T **Beavis and Butt-Head** (S5)
2.00 AM **Key & Peele**
3.00 **Teachers** (S2)
3.45 **Comedy Central Live**
4.30 **Channel Hopping with Jon Richardson**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Bull** (S6)
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Bull** 15&16/22. (S6)
8.00 **Border Security: America's Front Line**
9.00 **Road Wars** Double bill.
10.00 **Reginald the Vampire**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own US Road Trip**
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2**
7.00 **Celebs on the Ranch**
8.00 **I Used to Be Fat**
9.00 **Ghosted: Love Gone Missing** New edition Mariah was caught up in a tumultuous relationship with her ex.
10.00 **Caught in the Act: Unfaithful** R&B artist Marvin seeks Tami's help to uncover the truth about his relationship.
11.00 **Ex on the Beach**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Caught in the Act**
3.35 **to 6.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

6 August Wednesday

Wednesday

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs** Double bill.
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Double bill.
5.00 **Building Off the Grid** A man secretly builds a holiday home for his wife.
6.00 **Baggage Battles** A document announcing George Washington's death. **6.30** The auction specialists attempt to unearth more treasures in North Carolina.

8.00 Roadworthy Rescues

7.00 **Wheeler Dealers World Tour** In Poland, Mike and Elvis find a weathered Polski Fiat 126.

8.00 **Roadworthy Rescues** Derek saves a 1966 Pontiac Tempest with a rare overhead-camshaft six-cylinder engine.

9.00 **Street Outlaws: Locals Only** New edition Local racers in Idaho race for $5,000. The last racer standing will face Damon.

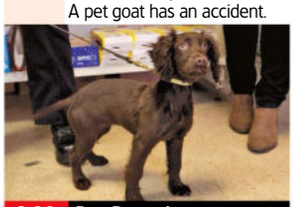
10.00 **Roadworthy Rescues** New edition Derek battles fluid leaks and bad brakes to get the Turd Bird back to Vice Grip Garage.
11.00 **Border Control: Europe**
11.30 **Buying Alaska**
12.00 M'T **Moonshiners**
1.00 AM **Street Outlaws: Locals Only** As shown at 9.00pm.
2.00 **Roadworthy Rescues**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Animal Cribs**
9.00 **The Aquarium**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Groomer Has It** Egos clash as the contest continues. **4.00** Twelve people compete in a dog grooming competition.
5.00 **Lone Star Law** Texas wardens struggle to catch a deer before it hurts itself.
6.00 **Dr Jeff: Rocky Mountain Vet** A pet goat has an accident.



8.00 Dog Detectives

7.00 **Treehouse Masters** Pete Nelson revisits two treehouses in need of makeovers, to bring them back to their former glory.

8.00 **Dog Detectives** PC Bartley reminisces about his first dog, who was killed in action chasing a gang of burglars.

9.00 **Alaska: The Last Frontier** The pressure is on Jane and Atz Lee as they set out for their last bear hunt of the year.

10.00 **Alaskan Bush People** As the siblings race to finish their water system, Billy gets news that shakes the Wolfpack.
11.00 **Pit Bulls & Parolees**
12.00 M'T **Crikey! It's the Irwins** The family prepare to reopen after weeks of being closed due to the pandemic.
1.00 AM **Dog Detectives** As 8pm.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Car S.O.S.**
2.00 PM **Hindenburg: The New Evidence** Fresh insight into the zeppelin crash.
3.00 **Lost Ships of WW2**
4.00 **Destruction Decoded**
5.00 **Car S.O.S.** Tim and Fuzz take on a 1992 Saab 900 Turbo.
6.00 **World War II: The Apocalypse** Battles in Asia, Stalingrad and Egypt.

8.00 Secret Nazi Science

7.00 **Air Crash Investigation** How UPS Flight 6 faced disaster when a fire on board left the cockpit full of smoke.

8.00 **Secret Nazi Science** New edition Nazi scientists' efforts to prepare the natural world for Nazi rule.

9.00 **Nazi Megastructures: Battle Ready** The stories of Joseph Goebbels and Heinrich Himmler.

10.00 **Erased: WWII Heroes of Colour** The stories of people of colour during World War Two.
11.00 **Air Crash Investigation**
12.00 M'T **Naming the Dead**
12.55 AM **To Catch a Smuggler**
1.55 **Money Meltdown**
2.25 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **Secrets of the Zoo: Keeper Tales** A duck has a leg injury.
4.35 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings**
7.50 **American Pickers**
8.45 **Pawn Stars**
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Death Coast** New edition
2.00 **Mountain Men**
2.55 **Pawn Stars** Documentary.
3.15 **Clash of Ancient Warriors** The Battle of Hastings. **4.10** The Battle of Marathon, which took place in 490 BC.
5.00 **What on Earth?**
6.00 **American Pickers**

10.00 Deadman's Curse

7.00 **Forged in Fire** Visits to bladesmiths in their home forges in every state in the US, starting in Texarkana, Texas.

8.00 **Digging Up Britain's Past: Henry VIII's Lost Palace** Helen Skelton and Alex Langlands join a dig at Elsyng Palace.

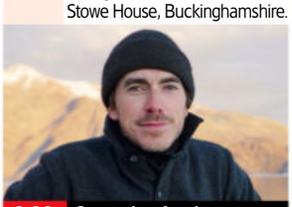
9.00 **Death Coast** Jeff MacKinnon's team battle brutal currents and a storm while searching Scatarie Island's coast.

10.00 **Deadman's Curse** New edition With ex-MMA fighter and prospector Kru Williams and Indigenous explorer Taylor Starr.
11.00 **What on Earth?** A young boy uses satellite images to discover lost cities of the Maya.
12.00 M'T **Close Encounters Down Under** Paranormal events.
12.55 AM **The Proof Is Out There**
1.50 **Death Coast** As 9.00pm.
2.50 **What on Earth?**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash: Restoring Classics** Double bill.
10.00 **Warbird Workshop**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Warbird Workshop**
5.00 **War Factories** The story behind the Krupp company, the powerful armaments manufacturers.
6.00 **Antiques Roadshow** From Stowe House, Buckinghamshire.



9.00 Operation Arctic

7.00 **The Lakes with Simon Reeve** The adventurer explores the beautiful and unique landscapes of the Lake District.

8.00 **Churchill: Winning the War, Losing the Peace** Why the war leader failed to be elected prime minister in 1945.

9.00 **Operation Arctic** Simon Reeve meets scientists monitoring the melting of glaciers, and Kate Humble goes reindeer herding.

10.00 **Bangers & Cash** Derek checks out a 1985 Renault 4 and an MGB Roadster that hasn't seen the light of day for 36 years.
11.00 **Bangers & Cash**
12.00 M'T **Abandoned Engineering** Featuring a deserted Caribbean city, an American ghost town still burning and an Arctic settlement facing a terrifying future.
2.00 **to 3.00** AM **The Lakes with Simon Reeve**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** Items include Second World War binoculars and two leather boxing belts.
8.00 **The Yorkshire Auction House** Angus Ashworth helps with an emotional house clearance in Stockton-on-Tees. **9.00** A surprise find in a client's garden has Angus's team stunned.
11.00 **How Do They Do It?**
1.00 AM **Vintage Voltage**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: The Big Day**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
12.00 NOON **Love, Honor, Betray** Documentary.
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **911: Did the Killer Call?** New edition A woman falls to her death in the Rockies.
10.00 **The Killer in My Family**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** Detectives find charred remains in Las Vegas.
8.00 **Donal MacIntyre's UK Killer Evidence** A UK grandmother is found murdered with strange marks on her face.
9.00 **To Catch a Killer** Multiple suspects are found in the murder of Donna Jean Awcock.
10.00 **It Takes a Killer** A bloodbath inside a mansion sparks a publicised investigation. **10.30** The discovery of a burned body sparks a race to find a killer.
11.00 **Real Detective**
1.00 AM **To Catch a Killer**
2.00 **It Takes a Killer**
3.00 **Donal MacIntyre's UK Killer Evidence**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** Toxicologists try to determine whether a man was poisoned. **4.30** A trail of stolen goods helps solve the murder of a girl shot dead in her home after a string of burglaries. **5.00** A murderer is brought to justice 24 years after the crime. **5.30** Handwriting experts help with a complex murder case. **6.00** A professor helps detectives with a case. **6.30** A series of robberies in Florida leads to murder.
7.00 **Judge Judy** Real-life small-claims cases.
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops: Law & Disorder** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murder Uncut**
1.00 PM **Most Evil Killers**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **Most Evil Killers**
5.00 **Murder Uncut**
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **Killer in My Village**
10.00 **How I Caught the Killer**
11.00 **Most Evil Killers**
12.00 M'T **The Killer Within**
1.00 AM **Murders That Shocked the Nation**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security USA**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Wrecks That Changed the World**
9.35 **Lincoln: Divided We...**
10.35 **Pearl Harbor...**
11.40 **Cleopatra: Portrait...**
1.00 PM **Wrecks That Changed the World**
2.00 **Jurassic Cash**
3.15 **Lincoln: Divided We...**
4.15 **Pearl Harbor...**
5.20 **Cleopatra: Portrait...**
6.40 **Wrecks That Changed...**
7.40 **Lincoln: Divided We Stand** Documentary.
8.40 **Pearl Harbor: The Heroes Who Fought Back** Documentary.
9.50 **Cleopatra: Portrait of a Killer** Neil Oliver examines the reign of the Egyptian queen.
11.05 **Lincoln: Divided We...**
12.00 M'T **Pearl Harbor...**
1.05 **to 2.00** AM **Wrecks That Changed the World**

WEDNESDAY

Wednesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Good Fight Club**
7.00 **Discovering Tommy Lee Jones**
8.00 **The Directors** Milos Forman.
9.00 **Bad Host: Hunting the Couchsurfing Predator**
10.00 **The Lady and the Dale**
11.00 **The Man Who Played with Fire** Documentary.
12.00 NOON **Stevie Van Zandt: Disciple** A look at the musician and actor's career.
2.50 PM **Adam Hills: Foot Fault**
4.00 **Discovering Tommy Lee Jones**
5.00 **The Directors** Milos Forman.
6.00 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
8.00 **The Invisible Pilot** The mysterious death of small-town crop-duster pilot Gary Betzner.
9.00 **Tina** A celebration of Tina Turner's life and career.
11.10 **The Apollo** Exploring the history of the Harlem venue.
1.10 AM **Schmeichel** Profile of ex-goalkeeper Peter Schmeichel.
3.10 **MoviePass, MovieCrash**
5.00 **to 6.00** AM **Discovering: Kate Winslet**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Vet Adventures**
7.00 **Monkey Life** The slow loris.
8.00 **Gangs of Baboon Falls**
9.00 **Islands** Wildlife on Baffin.
10.00 **Brazil Untamed**
11.00 **Chasing the Rains**
12.00 NOON **Predators**
1.00 PM **Monkey Life**
2.00 **Gangs of Baboon Falls**
3.00 **Islands** Wildlife on Baffin.
4.00 **Brazil Untamed**
5.00 **Uptown Otters**
6.00 **Predators** Documentary.
7.00 **Monkey Life** The unusual nocturnal primate the slow loris.
8.00 **Loons: A Cry from the Mist**
9.00 **Osprey** When a veteran pair of ospreys return home, they must take on enemies.
10.00 **Predators** A pride of lions battle with natural disasters.
11.00 **Uptown Otters**
12.00 M'T **Chasing the Rains**
1.00 AM **Evolution Earth**
2.00 **Loons: A Cry from the Mist**
3.00 **Osprey** As 9.00pm.
4.00 **Gangs of Baboon Falls**
5.00 **to 6.00** AM **Islands**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Egypt's Unexplained Files**
9.00 **Al Murray: Why Does Everyone Hate the English?**
10.00 **Greatest Heists with Pierce Brosnan** Documentary.
11.00 **Ancient Aliens** Double bill.
1.00 PM **Ancient Aliens: The Ultimate Evidence**
2.00 **Ancient Superstructures**
3.00 **Lost Gold of the Aztecs**
4.00 **Close Encounters Down Under**
5.00 **Cursed Treasures**
6.00 **Lost Relic Hunters**
7.00 **What on Earth?** A desert ghost town of untold riches.
8.00 **The UnXplained with William Shatner** William Shatner focuses his attentions on Mars. **9.00** The host contemplates whether it is possible that bones hold some sacred power.
10.00 **Secrets in the Ice**
11.00 **Alien Files: Unsealed**
12.00 M'T **Ancient Aliens**
2.00 AM **Secrets in the Ice**
3.00 **Lost Gold of the Aztecs**
4.00 **Close Encounters Down Under**
5.00 **to 6.00** AM **Cursed Treasures**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town** Keith Black.
9.00 **Murdertown** True-crime.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Secrets of the Morgue**
1.00 PM **Murder by Medic**
2.00 **Rob Rinder's Interrogation Secrets** Documentary.
3.00 **Murdertown**
4.00 **Murder Detective**
5.00 **Robbie Coltrane's Critical Evidence** Fadi Nasri.
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder by Medic**
9.00 **Accused: Did I Do It?** New edition True-crime.
10.00 **#Textmewhenyougethome**
11.00 **Secrets of Polygamy**
12.00 M'T **Murder by Medic**
1.00 AM **Accused: Did I Do It?**
2.00 **Imperfect Murder**
3.00 **Secrets of the Morgue**
4.00 **Robbie Coltrane's Critical...**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Heartland Docs**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Katavi: Africa's Fallen Paradise**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** The entire zoo is on watch as an elephant goes into labour.
8.00 **Day of the Dragon** Exploring the challenges facing the world's biggest lizards.
9.00 **Snakes in the City** Simon and Sioux interrupt two Boomslangs mating in a tree.
10.00 **Northwoods Survival** Margot works to complete her cabin before winter fully sets in.
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Documentary.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Spontaneous Combustion: Investigation X**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Spontaneous Combustion: Investigation X**
9.00 **Secrets Underground** Rob Nelson investigates a potentially disastrous fault-line network in California.
10.00 **How Do They Do It?**
11.00 **Incredible Engineering Blunders: Fixed**
12.00 M'T **The 1980s: The Deadliest Decade** The fatal stabbing of Kirsten Costas in June 1984.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.20 AM **Great British Railway Journeys** Seven editions.
1.00 PM **Great British Railway Journeys** Twelve editions.
7.00 **Great British Railway Journeys** Michael Portillo travels from southern Lincolnshire to North Yorkshire. **7.30** Michael travels from Motherwell to Linlithgow. **8.00** From Stirling to Pitlochry. **8.30** Michael travels from St Andrews to Edinburgh. **9.00** Michael embarks on the first leg of a journey through London and its environs. **9.30** Michael travels on London's first railway. **10.00** Exploring the legacy of the Olympic Park in Stratford. **10.30** From London's West End. **11.00** Michael learns about the darker side of Vauxhall's Victorian flower market. **11.30** Michael begins the first leg of a journey to Lindisfarne. **12.00** M'T As 7.00pm.
12.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 141 166

8.00 AM **Living a Nightmare**
9.00 **Who Killed Jane Doe?**
11.00 **Home Sweet Homicide**
1.00 PM **American Monster**
3.00 **Caught in the Net**
5.00 **Never Say Goodbye**
7.00 **Disappeared** A case in which an attractive woman moved to the US for a new opportunity, only to vanish without a trace. **8.00** The case of 21-year-old Kortne Stouffer, who vanished from her Pennsylvania apartment in July 2012.
9.00 **Road Rage** A disgruntled driver shoots at another motorist, and a man climbs onto the hood of a school bus. **9.30** A man attacks a motorist, while a driver gets into an intense exchange with construction workers.
10.00 **Exposed: Naked Crimes**
11.00 **Good Cop, Bad Cop**
12.00 M'T **Pandora's Box: Unleashing Evil**
2.00 AM **Never Say Goodbye**
4.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal** A Jeep Gladiator.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Vintage Voltage**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** A Polaris Ranger.
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers** Double bill.
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** A 1971 Cutlass is showing its age with styling best left in the 1970s.
9.00 **Richard Hammond's Workshop** Richard agrees to continue with the Smallest Cog Race team.
10.00 **Texas Metal** A custom hot rod.
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Vintage Voltage**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

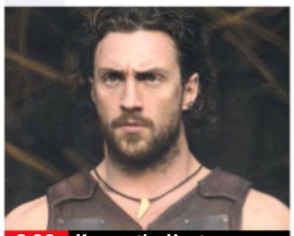
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
7.30 **Sacramento** Comedy drama. (2024, 15, 89min) ★★★
9.05 **Wicked** As shown at 5.15pm.
11.45 **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★
1.40 PM **Long Gone Heroes** (2024)
3.25 **The Thicket** Drama with Peter Dinklage. (2024, 15, 108min)
5.15 **Wicked** Musical fantasy adventure with Cynthia Erivo. (2024, PG, 160min) ★★★★



8.00 Kraven the Hunter

8.00 Kraven the Hunter Fantasy adventure starring Aaron Taylor-Johnson, Russell Crowe and Ariana Debose. A conservationist's relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Long Gone Heroes Action thriller starring Eden Brolin. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. (2024, 15, 101 min)

12.00 M'T **The Room Next Door** Drama starring Tilda Swinton and Julianne Moore. (2024, 12, 102min) ★★★★
2.00 AM **The Thicket** As 3.25pm.
3.50 **to 6.05** AM **William Tell** Historical drama starring Claes Bang and Connor Swindells. (2025, 15, 133min) ★★★

Sky Cinema Hits

303 303 403 503 517

6.10 AM **Star Trek II: The Wrath of Khan** (1982, 12) ★★★★
8.05 **Star Trek III – The Search for Spock** (1984, PG) ★★
9.55 **Charlie's Angels: Full Throttle** (2003, 12) ★★
11.45 **Anyone But You** As 6.15pm.
1.35 PM **Charlie and the Chocolate Factory** (2005)
3.35 **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★
6.15 **Anyone But You** Comedy. (2023, 15, 103min) ★★★★

6.15 Anyone But You

8.00 Charlie and the Chocolate Factory Tim Burton's fantasy starring Johnny Depp. A kind-hearted boy is one of the lucky winners when an eccentric confectionery king awards five children a tour of his factory. (2005, PG, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Fury Drama starring Brad Pitt and Shia LaBeouf. An American tank crew undertake a final mission behind enemy lines in the last months of the World War Two. (2014, 15, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Knocked Up** Romantic comedy starring Seth Rogen. (2007, 15, 129min) ★★★★
2.35 **The Purge: Election Year** Horror sequel starring Frank Grillo. (2016, 15, 108min) ★★★
4.40 **to 6.30** AM **Trolls Band Together** Animated musical. (2023, U, 91min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.25 AM **The Sons of Katie Elder**
8.40 **My First Summer** As 6.25pm.
10.15 **Parachute** As shown at 1.55am.
12.15 PM **Wimbledon** As 12.05am.
2.00 **Chicago** Musical adaptation. (2002, 12, 112min) ★★★★
4.10 **The Sons of Katie Elder** Western. (1965, U, 122min) ★★★
6.25 **My First Summer** Drama starring Markella Kavenagh. (2020, 15, 80min) ★★★

8.00 Grease Musical starring John Travolta and Olivia Newton-John. An Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (1978, PG, 110min) ★★★★
10.00 Grease 2 Musical sequel starring Maxwell Caulfield and Michelle Pfeiffer. A new student joins a high school and falls in love with the most beautiful member of The Pink Ladies gang. (1982, PG, 109min) ★★

12.05 AM **Wimbledon** Sports comedy. (2004, 12, 98min) ★★★
1.55 **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
3.45 **The Cinema List: Black British Actors**
4.15 **to 6.15** AM **Footloose** Musical. (1984, 12, 107min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.00 AM **The Nun II** Horror sequel. (2023, 15, 110min) ★★
7.55 **AfrAId** As shown at 3.50am.
9.30 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
12.30 PM **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
2.10 **Evolution** Sci-fi comedy. (2001, PG, 101 min) ★★★★
4.05 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★

6.10 Men in Black Sci-fi action comedy starring Tommy Lee Jones. A New York cop joins a secret government agency that polices alien activity on Earth. (1997, PG, 94min) ★★★★
8.00 Star Trek Into Darkness Sci-fi adventure sequel starring Chris Pine and Zachary Quinto. (2013, 12, 132min) ★★★★
10.15 The Birds Alfred Hitchcock's horror starring Tippi Hedren, Rod Taylor and Jessica Tandy. (1963, 15, 118min) ★★★★★

12.20 AM **47 Metres Down** Horror. (2017, 15, 89min) ★★★
2.05 **If You Were the Last** Comedy. (2023, 15, 92min) ★★★★
3.50 **AfrAId** Sci-fi horror with John Cho. (2024, 15, 84min) ★★
5.30 **to 7.55** AM **The Core** Action thriller. (2002, 12, 135min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.15 AM **Pups United** (2015) ★★★
7.55 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
9.40 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
11.15 **Bookworm** (2024, 12) ★★★★
1.05 PM **The Flintstones** Comedy. (1994, U, 93min) ★★★
2.45 **The Flintstones in Viva Rock Vegas** (2000, PG) ★★
4.25 **Spy Kids** (2001, U) ★★★★
6.00 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★

4.25 Spy Kids

7.45 **Spy Kids 3: Game Over** Sci-fi comedy adventure sequel starring Daryl Sabara and Alexa Vega. (2003, U, 84min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **Jackie Chan's The Tuxedo** Action comedy starring Jackie Chan. A chauffeur tries on a secret agent's tuxedo and discovers that it gives the wearer amazing powers. With Jennifer Love Hewitt and Jason Isaacs. (2002, 12, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Karate Kid** Martial arts family drama starring Jaden Smith and Jackie Chan. (2010, PG, 140min) ★★★
1.25 AM **The Tiger Rising** Family drama starring Dennis Quaid. (2022, PG, 102min) ★★★
3.15 **Robin and the Hoods** Comedy with Naomie Harris. (2024, PG, 101min) ★★
5.00 **to 6.30** AM **Beethoven** Comedy with Charles Grodin. (1992, U, 87min) ★★★

Sky Cinema Action

307 307 407 507 521

7.35 AM **Zulu** Historical adventure. (1963, PG, 138min) ★★★★★
10.00 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
12.05 PM **Baby Driver** Thriller. (2017, 15, 113min) ★★★★
2.00 **Fast & Furious** Thriller sequel. (2009, 12, 107min) ★★★
3.50 **Justice League** Adventure. (2017, 12, 120min) ★★
5.55 **Twisters** Standalone disaster sequel with Daisy Edgar-Jones. (2024, 12, 122min) ★★★★

5.55 Twisters

8.00 **Long Gone Heroes** Action thriller starring Eden Brolin and Andy Garcia. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. (2024, 15, 101min)

9.45 **Bad Boys for Life** Action adventure sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Django Unchained** Quentin Tarantino's Western with Jamie Foxx and Christoph Waltz. (2012, 18, 165min) ★★★★
2.35 AM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
4.35 **to 6.25** AM **Swordfish** Action thriller starring John Travolta. (2001, 15, 99min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.20 AM **The Five-Year Engagement** As 11.55pm.
9.25 **The Men Who Stare at Goats**
11.05 **Big Daddy** Comedy. (1999, 12, 95min) ★★★
12.45 PM **School of Rock** Comedy. (2003, PG, 109min) ★★★★
2.40 **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★
4.15 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
6.20 **The Men Who Stare at Goats** Comedy. (2009, 15) ★★★

6.20 Men Who Stare at Goats

8.00 **Yesterday** Danny Boyle's comedy starring Himesh Patel and Lily James. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers the Beatles. (2019, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

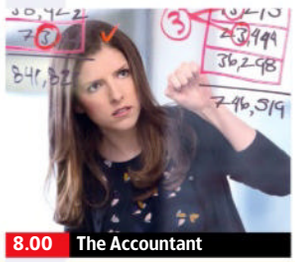
10.05 **Bowfinger** Comedy with Steve Martin and Eddie Murphy. A low-budget Hollywood producer makes the town's top actor an unwitting star. (1999, 12, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Five-Year Engagement** Comedy starring Jason Segel. (2012, 15, 119min) ★★★
2.00 AM **Napoleon Dynamite** Teen comedy with Jon Heder. (2004, PG, 95min) ★★★★
3.40 **Disaster Movie** As 2.40pm.
5.15 **to 6.55** AM **Blades of Glory** Slapstick sports comedy. (2007, 12, 93min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.40 AM **The Firm** Legal thriller. (1993, 15, 155min) ★★★
10.20 **Marlowe** Crime thriller. (2022, 15, 110min) ★★
12.20 PM **Ocean's Eleven** Thriller. (2001, 12, 116min) ★★★★
2.20 **Jericho Ridge** As 12.35am.
3.55 **Vertigo** Alfred Hitchcock's thriller starring James Stewart. (1958, PG, 128min) ★★★★★
6.10 **Trap** Thriller starring Josh Hartnett and Ariel Donoghue. (2024, 15, 105min) ★★★★


8.00 The Accountant

8.00 **The Accountant** Thriller starring Ben Affleck and Anna Kendrick. A man with autism moonlights as a money launderer for the Mob, but the Treasury Department soon closes in. With JK Simmons and Cynthia Addai-Robinson. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Ocean's Twelve** Thriller sequel starring George Clooney. Charismatic thief Danny Ocean and his gang compete with an enigmatic French criminal when they attempt to steal $160million. (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Jericho Ridge** Thriller. (2023, 15, 87min) ★★★
2.15 **Against All Odds** Thriller. (1984, 18, 116min) ★★
4.30 **to 6.10** AM **The Royal Hotel** Thriller starring Julia Garner. (2023, 18, 91min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The SpongeBob Movie: Sponge Out of Water** Comedy. (2015, U, 93min) ★★★
12.50 PM **Tooth Fairy** Comedy. (2010, PG, 101min) ★★★
2.55 **The Nevadan** Western adventure. (1949, U, 81min) ★
4.35 **The Wackiest Ship in the Army** World War Two comedy. (1960, U, 95min) ★★★
6.40 **Ad Astra** Sci-fi drama. (2019, 12, 123min) ★★★★

11.35 Black Sea

Ad Astra (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Top Gun: Maverick** Action drama sequel starring Tom Cruise. Pete 'Maverick' Mitchell gets called back to the Top Gun academy, where he must train a new band of recruits for a deadly mission. (2022, 12, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Black Sea** Thriller starring Jude Law. Tension rises among the members of a salvage submarine crew as they search the ocean depths for a rumoured lost treasure. (2014, 15, 112min) ★★★
1.50 **to 4.00** AM **The Night House** Horror starring Rebecca Hall and Sarah Goldberg. (2021, 15, 108min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Favourites

302 302 402 502 516

6.20 AM **Pixels** As 4.00am.
8.10 **Tropic Thunder** As 12.10am.
10.00 **The 40-Year-Old Virgin** (2005)
12.00 NOON **The King's Speech** Oscar-winning royal drama. (2010, 12, 118min) ★★★★★
2.00 PM **The Shawshank Redemption** Prison drama. (1994, 15, 142min) ★★★★★
4.25 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★

6.10 **Beetlejuice Beetlejuice** Comedy sequel starring Michael Keaton. (2024, 12, 105min) ★★★★
8.00 **Venom: The Last Dance** Fantasy adventure sequel with Tom Hardy and Chiwetel Ejiofor. (2024, 15, 110min) ★★★
9.50 **Joker: Folie à Deux** Musical sequel starring Joaquin Phoenix and Lady Gaga. Comedian Arthur Fleck meets the love of his life while incarcerated at Arkham State Hospital. (2024, 15, 138min) ★★★★

12.10 AM **Tropic Thunder** War comedy starring Ben Stiller. (2008, 15, 107min) ★★★★
2.00 **The 40-Year-Old Virgin** Comedy starring Steve Carell. (2005, 15, 116min) ★★★★
4.00 **to 6.00** AM **Pixels** Sci-fi comedy. (2015, 12, 105min) ★★

Sky Cinema Greats

304 304 404 504 518

7.50 AM **Streetfighter** Action drama. (1994, 12, 102min) ★★
9.35 **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★
12.00 NOON **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★
2.10 PM **Superman III** Fantasy sequel. (1983, PG, 123min) ★★★
4.20 **Superman IV – The Quest for Peace** Fantasy adventure sequel. (1987, PG, 90min) ★

6.00 **Nobody's Fool** Comedy drama starring Paul Newman, Melanie Griffith and Bruce Willis. (1994, 15, 111min) ★★★★
8.00 **The Great Gatsby** Romantic drama with Robert Redford. (1974, 12, 146min) ★★★
10.30 **Saturday Night Fever** Dance drama starring John Travolta as a working-class Brooklyn youth who is the dance king of his local disco. With Karen Lynn Gorney and Barry Miller. (1977, 18, 119min) ★★★★

12.35 AM **'About Last Night...'** Comedy. (1986, 18, 113min) ★
2.30 **Midnight Express** Alan Parker's drama starring Brad Davis. (1978, 18, 120min) ★★★★
4.35 **to 7.00** AM **Oh! What a Lovely War** Satirical anti-war musical. (1969, PG, 144min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Spirit: Stallion of the Cimarron** As shown at 1.00am.
7.55 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
9.40 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
11.20 **Sneaks** (2025, PG) ★★
12.55 PM **Open Season 2** Animated sequel. (2008, PG, 73min) ★★★
2.15 **The Prince of Egypt** Animated epic. (1998, U, 99min) ★★★★

4.00 **Turbo** Animated adventure. (2013, U, 92min) ★★★★
5.40 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
7.10 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
8.40 **Open Season 3** Animated sequel. (2010, U, 74min) ★★
10.00 **The Road to El Dorado** Animated comedy adventure. (2000, U, 89min) ★★★
11.35 **Batman: Return of the Caped Crusaders** Animated adventure. (2016, PG, 78min) ★★★★

1.00 AM **Spirit: Stallion of the Cimarron** Animated adventure. (2002, U, 84min) ★★★
2.30 **Fireheart** Animated adventure. (2022, U, 92min) ★★★
4.05 **Batman Unlimited: Animal Instincts** (2015, PG) ★★
5.30 **to 7.05** AM **Sneaks** As 11.20am.

Movies 24

312 313 419

7.00 AM **Unthinkably Good Things** Drama. (2022, PG, 84min) ★★
9.00 **A Taste of Christmas** Drama. (2023, PG, 90min) ★★
11.00 **Sealed with a List** Festive drama. (2023, PG, 84min) ★★
1.00 PM **Love in Whitbrooke** Drama. (2021, PG, 88min) ★★
3.00 **Haunted Wedding** Comedy fantasy starring Janel Parrish. (2024, PG, 84min) ★★

5.00 **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
7.00 **The Attraction Test** Comedy starring Tara Wilson. A professor launches a study designed to find perfect love matches – but is challenged to take the test herself. (2022, PG, 85min) ★★
9.00 **Stepping into Love** Romantic drama with Jenna Michno. The curator of a struggling museum works with an avant garde artist to develop an unconventional exhibit. (2023, PG, 82min) ★★

11.00 **Mountain Rescue Romance** Comedy. (2023, PG, 84min) ★★
1.00 AM **Our Take on Love** Drama. (2022, PG, 87min) ★★
3.00 **to 5.00** AM **Sense and Sensibility** Drama. (2024, U) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Stagecoach West** (S1)
7.05 **Emergency** Suspense drama. (1963, b/w, U, 63min) ★★
8.20 **Carry On Spying** James Bond spoof starring Kenneth Williams. (1964, b/w, U, 84min) ★★★★
10.05 **The Walking Target** Crime drama starring Joan Evans. (1960, b/w, PG, 75min) ★★
11.35 **The Undefeated** Western. (1969, PG, 120min) ★★★

1.55 PM **The Brothers** 8/13. (S5)
3.00 **The Drum** Adventure starring Sabu and Raymond Massey. (1938, U, 96min) ★★★
4.50 **Miranda** Comedy starring Griffith Jones and Glynis Johns. (1947, b/w, U, 80min) ★★★★
6.25 **Strange But True**
7.00 **Danger UXB** 7/13. (S1)
8.05 **Van der Valk** 5/6. (S1)
9.05 **Maigret** 2/6. (S13)
11.00 **Sex (Re)education** 9/10. (S1)
11.30 **Reckless** 1/6. Romantic drama starring Robson Green. (S1)

12.35 AM **The Challenge** Crime thriller starring Jayne Mansfield. (1960, b/w, PG, 95min) ★★★
2.25 **Elmer Gantry** Oscar-winning drama starring Burt Lancaster. (1960, PG, 146min) ★★★★★
5.25 **to 6.00** AM **Churchill's Secret Army**

WEDNESDAY Sport 6 August

Sky Sports Main Event

401 401 511 501 419 439

- 6.00 AM **Sky Sports News**
- 7.00 **Good Morning Sports Fans**
- 9.00 **Good Morning Transfers**
- 10.00 **Sky Sports News**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Lunchtime Live**
- 2.00 **Sports Desk**
- 3.00 **LIVE The Hundred Manchester Originals Women v Southern Brave Women.** Coverage of the match from Emirates Old Trafford, Manchester. Start-time **3.00pm**.
- 6.00 **LIVE The Hundred Manchester Originals Men v Southern Brave Men.** Coverage of the match from Emirates Old Trafford. Start-time **6.30pm**.
- 9.30 **LIVE WTA & ATP Tennis** Day 11 of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal, featuring matches in the doubles competitions.
- 11.00 **LIVE WTA & ATP Tennis** Coverage from day 11 of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal, both are hard-court tournaments.
- 4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Legends**
- 8.00 **Premier League 100 Club**
- 9.00 **Good Morning Transfers**
- 10.00 **Gary Neville's Soccerbox**
- 11.00 **Premier League Best Goals**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Premier League Years** Action from the 2000/01 season.
- 3.00 **PL Retro** Another chance to see Crystal Palace v Liverpool from the 2013/14 season.
- 5.00 **Premier League Best Goals** A selection of memorable strikes from the 2004/05 season.
- 6.00 **Premier League 100: Dion Dublin** A profile.
- 6.30 **Premier League Stories**
- 7.00 **The Transfer Show**
- 8.00 **Premier League Years** A look back at the 2024/25 season.
- 10.00 **Premier League Stories** Sunderland in the top flight.
- 10.30 **Sticker Book** Antony Gordon.
- 10.45 **My Origin Story: Mateo Kovacic**
- 11.00 **Premier League Years**
- 1.00 AM **PL Retro** Portsmouth v Southampton from 2005.
- 3.00 **PL Greatest Games**
- 4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

- 6.00 AM **EFL** Action from 2014/15.
- 9.00 **EFL Greatest Games**
- 10.00 **EFL Cup Retro** The 2015 final.
- 12.00 NOON **EFL** From 2022/23.
- 3.00 PM **EFL Trophy Football** Bolton Wanderers v Plymouth Argyle.
- 3.30 **Best Goals: EFL Cup 2022/23**
- 4.00 **EFL Cup Highlights** Action from Manchester United v Newcastle United in the 2022/23 final.
- 5.00 **Championship Season Review** A look at the 2022/23 season.
- 6.00 **EFL Cup Highlights**
- 9.00 **Best Goals: EFL Cup 24/25** The finest strikes from the contest.
- 9.30 **EFL Trophy Football** Action from Birmingham City v Bradford City in the first semi-final.
  10.00 Wrexham v Peterborough United in the semi-finals.
  10.30 Birmingham City v Peterborough United in the final.
- 11.00 **EFL Greatest Games**
- 12.00 M'T **EFL Cup Retro** Liverpool v Cardiff City in the 2012 final.
- 2.45 AM **EFL Greatest Games** Action from Swindon Town v Sheffield United from 2014/15.
- 3.00 **EFL Greatest Games**
- 4.00 **Championship Season Review**
- 5.00 **to 6.00** AM **EFL Rivalries**

Sky Sports Cricket

404 404 514 504 422 442

- 6.00 AM **The Hundred** London Spirit Women v Oval Invincibles Women.
- 9.30 **The Hundred** Oval Invincibles Men v Southern Brave Men.
- 9.45 **The Hundred**
- 10.00 **The Hundred** London Spirit Men v Oval Invincibles Men.
- 1.30 PM **The Hundred**
- 2.00 **The Hundred Bitesize**
- 2.45 **LIVE The Hundred Manchester Originals Women v Southern Brave Women.** Coverage of today's opening match from Emirates Old Trafford, Manchester. Start-time **3.00pm**.
- 6.00 **LIVE The Hundred Manchester Originals Men v Southern Brave Men.** Coverage from Emirates Old Trafford. Start-time **6.30pm**.
- 9.30 **The Hundred Bitesize**
- 10.15 **The Hundred** Another chance to see Manchester Originals Women v Southern Brave Women.
- 1.30 AM **The Hundred Bitesize**
- 2.00 **The Hundred** Another chance to this evening's match between Manchester Originals Men and Southern Brave Men.
- 5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 515 505 423 443

- 6.00 AM **Women's Golf**
- 8.00 **Ladies European Tour Golf**
- 9.00 **LPGA Tour Golf**
- 10.00 **US Women's Open Golf**
- 11.00 **Women's PGA Championship**
- 12.00 NOON **LPGA Tour Golf**
- 1.00 PM **Women's Golf**
- 2.00 **LPGA Tour Golf**
- 3.00 **US Women's Open Golf**
- 4.00 **Women's PGA Championship**
- 5.00 **LPGA Tour Golf**
- 6.00 **Women's Golf** Women's Open.
- 7.00 **PGA Tour: The Cut**
- 7.30 **HotelPlanner Tour Golf Highlights** Scottish Challenge.
- 8.00 **PGA Tour Golf** A review of the Wyndham Championship.
- 9.00 **Women's Golf** The AIG Women's Open Championship fourth day.
- 10.00 **PGA Tour: The Cut**
- 10.30 **Countdown to the Ryder Cup**
- 11.00 **Legends Tour Golf**
- 12.00 M'T **Women's Golf**
- 1.00 AM **Ladies European Tour Golf**
- 2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 407 537 520 425 445

- 6.00 AM **ATP Tennis** The Swiss Open.
- 7.00 **WTA Tennis** The Prague Open.
- 8.00 **WTA & ATP Tennis**
- 12.00 NOON **WTA & ATP Tennis**
- 1.00 PM **ATP Tennis** Highlights.
- 4.00 **WTA Tennis** From 2024.
- 5.00 **ATP Tour This Week**
- 5.30 **WTA & ATP Tennis**
- 9.30 **LIVE WTA & ATP Tennis** Coverage from day 11 of the Canadian Open, the ATP 1000 event in Toronto and the WTA 1000 event in Montreal.
- 4.00 AM **Mirra Andreeva Podcast**
- 4.15 **Bitesize Tennis** Highlights.
- 4.30 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

- 6.00 AM **Men's Cycling**
- 7.00 **Shanghai Masters Snooker**
- 8.00 **Porsche Supercup**
- 9.00 **Tour de France Women**
- 10.00 **Men's Cycling** Tour of Poland.
- 11.00 **LIVE Cycling** Coverage from the men's third stage of the Tour of Poland, a 161.6km route.
- 4.15 PM **LIVE Men's Cycling Pro Series** Coverage from the first stage of the Tour of l'Ain in France.
- 5.30 **The Gruppetto** Cycling action.
- 5.45 **Kenny Allstar's Number 1's**
- 6.00 **TNT Sports Reload**
- 6.30 **Premier League Stories**
- 7.00 **Discovery Golf** The latest news.
- 7.30 **FIM Speedway Grand Prix Hlts**
- 8.30 **Race Bikes** Mountain Bike races.
- 9.00 **LIVE MLB Los Angeles Dodgers v St. Louis Cardinals.** Coverage of the National League match from the Dodger Stadium. Start-time **9.10pm**.
- 12.15 AM **MLB Plays of the Week**
- 12.45 **TNT Sports Reload**
- 1.00 **Discovery Golf** The latest news.
- 1.30 **Men's Cycling** Tour of Poland.
- 2.30 **Ultimate Pool** The Pairs Cup.
- 4.00 **Fishing: On the Bank**
- 5.00 **to 6.00** AM **Men's Cycling Pro Series**

TNT Sports 2

411 414 522 409 431

- 6.00 AM **Motocross World Championship**
- 9.00 **Fishing: On the Bank**
- 10.00 **International T20 Cricket Highlights** Action from Florida.
- 1.00 PM **MLB Highlights**
- 2.00 **Porsche Supercup**
- 3.00 **Shanghai Masters Snooker** A look at the 2025 tournament.
- 4.00 **MLB Highlights**
- 5.00 **MLB Plays of the Week** A look at the most exciting plays from the past week's matches.
- 5.30 **LIVE MLB Philadelphia Phillies v Baltimore Orioles.** Coverage of the inter-league match comes from Citizens Bank Park. Start-time **5.35pm**.
- 8.45 **EWC All Access** A look behind the scenes of the Eight Hours of Suzuka in Japan.
- 9.45 **Kenny Allstar's Number 1's** An interview with UFC fighter Paddy Pimblett.
- 10.00 **Rise of the UFC**
- 11.30 **UFC** Amir Albazi v Tatsuro Taira: Action from the flyweight bout.
- 2.30 AM **UFC Fight Flashback**
- 3.00 **Shanghai Masters Snooker**
- 4.00 **Porsche Supercup**
- 5.00 **to 6.00** AM **WRC Review**

Sky Sports Action

408 408 517 507 426 446

- 6.00 AM **British and Irish Lions Tour**
- 8.00 **Rugby League Retro**
- 12.00 NOON **British and Irish Lions Tour** Warm-up match highlights.
- 2.00 PM **Rugby League Retro** A chance to see Leeds Rhinos v Warrington Wolves from 2006.
- 4.00 **Super League Highlights**
- 5.00 **British and Irish Lions Tour**
- 7.00 **Rugby League Retro** A chance to see Leeds Rhinos v Warrington Wolves from 2006.
- 9.00 **Super League Highlights** Leeds Rhinos v Catalans Dragons Hull Kingston Rovers v Warrington Wolves from 2024.
  9.15 Action from St Helens v Leigh Leopards from 2024.
  9.30 Hull Kingston Rovers v Warrington Wolves from 2024.
- 9.45 **British and Irish Lions Tour** Highlights of Queensland Reds v British & Irish Lions.
  10.45 Highlights of NWS Waratahs v British & Irish Lions.
- 11.45 **Rugby League Retro** Leeds Rhinos v Warrington Wolves.
- 1.45 AM **Super League Highlights**
- 3.00 **British and Irish Lions Tour**
- 5.00 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

412 410 518 508 427 447

- 6.00 AM **Sky Sports News**
- 7.00 **Good Morning Sports Fans** Including news and views on today's early stories and a look at the back pages.
- 9.00 **Good Morning Transfers** The latest football transfer news.
- 10.00 **Sky Sports News**
- 12.00 NOON **Transfer Talk**
- 1.00 PM **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
- 2.00 **Sports Desk**
- 5.00 **Sports Centre** A round-up of the sports news.
- 5.30 **The Transfer Show**
- 6.00 **Sports Centre** A round-up of the sports news with analysis and comments, plus extended interviews with headline makers.
- 7.00 **The Transfer Show**
- 8.00 **Sky Sports News**
- 10.30 **Back Pages Tonight**
- 11.00 **LIVE WTA & ATP Tennis** Coverage of the semi-finals of the Canadian Open, the ATP 1000 event staged in Toronto and the WTA 1000 event held in Montreal, both of which are hard-court tournaments.
- 4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

- 6.00 AM **EFL Greatest Games**
- 7.00 **Women's Golf** Women's Open.
- 8.00 **PGA Tour Golf**
- 9.00 **The Hundred** Highlights.
- 9.30 **The Hundred Bitesize**
- 10.00 **Formula 1** Hungarian Grand Prix.
- 12.00 NOON **The Hundred**
- 12.30 PM **The Hundred Bitesize**
- 1.00 **ATP Tennis** The Madrid Open.
- 2.00 **PL Greatest Games**
- 3.00 **PL Retro** Action from 1998.
- 5.00 **LPGA Tour Golf**
- 6.00 **PGA Tour Golf**
- 7.00 **PDC Classics** Archive action.
- 8.00 **US Women's Open Golf**
- 9.00 **Women's Golf**
- 10.00 **The Hundred** Highlights.
- 10.30 **The Hundred Bitesize**
- 11.00 **Formula 1** Hungarian Grand Prix.
- 12.00 M'T **PL Greatest Games**
- 1.00 AM **PDC Classics**
- 3.00 **EFL Greatest Games**
- 4.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **UEFA Conference League**
- 1.30 PM **UEFA Conference League** Action from Real Betis v Chelsea in the 2024/25 final.
- 3.00 **Race Bikes** A look at the world of Mountain Bike racing.
- 3.30 **LIVE Men's Cycling Pro Series** Coverage of the first stage of the Tour of l'Ain in France, a route from Feillens to Lagnieu.
- 5.30 **Serie A** Fiorentina v AC Milan.
  6.30 Empoli v Napoli.
  7.30 AS Roma v Inter Milan.
- 8.30 **Ultimate Pool** Action from Group 10 of the Pairs Cup.
- 10.00 **Cycling** Action from the men's third stage of the Tour of Poland.
- 11.00 **Men's Cycling Pro Series** The first stage of the Tour of l'Ain.
- 12.00 M'T **NWSL** Racing Louisville FC v Kansas City Current.
- 2.00 AM **British Speedway** Action from round 10 of the season.
- 3.00 **to 6.00** AM **Motocross World Championship**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **Formula E Unplugged**
- 7.00 **NWSL** Recent action.
- 9.00 **Test Cricket Highlights**
- 11.00 **AFL** Action from Western Bulldogs v GWS Giants.
- 12.30 PM **AFL** Adelaide Crows v Hawthorn Hawks.
- 2.00 **AFL** Action from Melbourne Demons v West Coast Eagles.
  3.30 Gold Coast Suns v Richmond Tigers.
- 5.00 **AFL** Action from Sydney Swans v Essendon Bombers.
  6.30 Action from Collingwood Magpies v Brisbane Lions.
- 8.00 **AFL** St Kilda Saints v North Melbourne Kangaroos.
  9.30 Action from Geelong Cats v Port Adelaide Power.
  11.00 Action from Fremantle Dockers v Carlton Blues.
- 12.30 AM **International T20 Cricket Highlights** Action from Florida.
- 3.30 **TNT Sports Reload**
- 4.00 **to 6.00** AM **WNBA**

Premier Sports 1

419 551

- 6.00 AM **LaLiga Specials**
- 7.00 **FIM Sidecarcross**
- 8.00 **World Surf League**
- 9.00 **Transworld Sport** Magazine.
- 10.00 **Ultimate Karting Championship**
- 11.00 **Motorsport** Highlights.
- 12.00 NOON **NASCAR Highlights**
- 1.00 PM **Africa Eco Race**
- 2.00 **FIM Sidecarcross**
- 3.00 **World Surf League**
- 4.00 **LaLiga** Barcelona v Real Madrid.
- 6.00 **LaLiga Specials**
- 6.30 **NASCAR Highlights** Action from the Iowa Corn 350 Powered by Ethanol.
- 7.30 **LaLiga Specials**
- 8.30 **Transworld Sport** Magazine.
- 9.30 **LaLiga Specials**
- 10.30 **LaLiga** Real Madrid v Barcelona.
- 12.30 AM **LaLiga Specials**
- 1.00 **World Surf League**
- 2.00 **Transworld Sport** Magazine.
- 3.00 **Ultimate Karting Championship**
- 4.00 **NASCAR Highlights**
- 5.00 **to 6.00** AM **LaLiga Specials**

Premier Sports 2

420 552

- 6.00 AM **Top 14 Rugby Union** Toulouse v Bayonne.
- 8.00 **Temples of Sport**
- 9.00 **LaLiga Specials** Action from the 2023/24 season.
- 10.00 **Pre-Season Football** Bayer Leverkusen v Pisa.
- 12.00 NOON **FastZone**
- 12.30 PM **Pre-Season Football** Real Betis v FC Como.
- 2.30 **Swedish Speedway** Action from a high-profile Elitserien meeting.
- 4.30 **Bike World** Magazine.
- 5.00 **Pre-Season Football** Bayer Leverkusen v Pisa.
  7.00 Real Betis v FC Como.
- 9.00 **Bike World** Magazine.
- 9.30 **Football's Greatest** The finest players discuss their careers.
- 10.00 **Major League Cricket** Action from the final.
- 2.30 AM **NASCAR Xfinity Series** Action from the latest round of the season at Iowa Speedway.
- 5.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

406 406 516 506 424 444

- 6.00 AM **GT World Challenge Europe**
- 9.30 **Formula 1** Hungarian Grand Prix.
- 11.45 **Brad Pitt Drives a McLaren F1**
- 12.00 NOON **Formula 3**
- 1.00 PM **F1 Features**
- 1.15 **Formula 3** Highlights.
- 2.30 **F1 Features**
- 2.40 **Formula 1** British Grand Prix.
- 2.45 **Formula 2** Recent action.
- 3.45 **Carlos Sainz & the Lie Detector**
- 4.00 **Formula 2** Highlights.
- 5.20 **George Russell IV**
- 5.30 **Formula 1** Hungarian Grand Prix.
- 7.45 **Brad Pitt Drives a McLaren F1**
- 8.00 **Hill** A profile of Damon Hill.
- 9.30 **Formula 1** Hungarian Grand Prix.
- 10.30 **Carlos Sainz & the Lie Detector**
- 10.45 **Formula 1** Highlights.
- 1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

7 August

Evening Planner

Thriller

September 5

Sky Premiere, 7.50am & 9.50pm

Ben Chaplin stars in this true story about a TV broadcaster covering the hostage situation at the 1972 Munich Olympics.

Drama

The Gone

BBC2, 9pm

A jump back in time reveals how Aileen and gangster Derry Fallon fled into the bush and formed an uneasy alliance.

Comedy

Mr Bigstuff

Sky Showcase/Max, 9pm

While Glen (Ryan Sampson) is suffering a meltdown, brother Lee (Danny Dyer) has some loose ends to tie up....

Crime Drama

FBI

Sky Witness, 9pm

The contract murder of a seemingly ordinary plumber sends agents Bell and OA on a globe-spanning investigation...

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 MasterChef		9.00 Destination X		10.00 News; Local News	
	102 BBC2	7.00 Amol Rajan Interviews...	7.45 Wild...	8.00 Saving Lives at Sea		9.00 The Gone		10.00 Live at the...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale		8.30 Tom Kerridge...	9.00 The Fortune Hotel		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Supercruising: Life at Sea		9.00 Johnny Vegas: Art, ADHD and Me		10.00 Gogglebox	
	105 5	7.00 Somerset: Wonder of the West Country		8.00 The Hotel Inspector		9.00 The Secret Life of Trees		10.00 Air Crash: The Miracle Children of...	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Rob & Romesh vs UFC		9.00 Mr Bigstuff		10.00 The Walking Dead: Dead City	
ENTERTAINMENT	115 BBC3	7.00 Dubai Hustle		8.00 Top Gear		9.00 Dubai Hustle		10.00 Scam Land: Money, Mayhem and...	
	116 BBC4	7.00 Film: All About Eve				9.15 Film: Gladiator			
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Georgia and Tommy: Happy Essex After		10.00 Botched	
	136 MORE4	‹ 6.55 Grand Designs	7.55 The Dog House			9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons		8.00 Below Deck Sailing Yacht		9.00 Gogglebox		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 FBI		10.00 FBI: International	
	108 SKY ATLANTIC	‹ 6.35 Six Feet Under	7.40 House of the Dragon			9.00 The Gilded Age		10.10 Big Little Lies	
	110 U&GOLD	‹ 6.40 Gavin & Stacey		8.00 Red Dwarf		9.15 Gavin & Stacey		10.35 Not Going...	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	‹ 5.15 Racing: Racing League – Live: Coverage from Chepstow				9.00 Film: Jack Reacher			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Kevin Bridges – The Story Continues		10.00 South Park	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs UFC		9.00 Mr Bigstuff		10.00 The Walking Dead: Dead City	
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 Annika		10.05 Death in Paradise	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Sean Connery		9.00 The Directors		10.00 Classic Movies: The Story of Scott of...	
	132 U&W	7.00 MasterChef Australia			8.40 Inside the...	9.10 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers World Tour		8.00 Roadworthy Rescues		9.00 Naked and Afraid: Last One Standing			10.30 Discovery...
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska: Surviving the Last Frontier		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside Airport Lost & Found		9.00 Car S.O.S.		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People: Serpent Invasion		9.00 The UnBelievable with Dan Aykroyd		10.00 Alone	
	155 U&YESTERDAY	7.00 The Lakes with Simon Reeve		8.00 Bangers & Cash		9.00 Classic Car Kings		10.00 Bangers & Cash	
	121 SKY DOCS	‹ 6.00 Film: The Alpinist	7.50 The Invisible Pilot			9.00 Film: The Beatles: Eight Days a Week – The Touring Years			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.10 Rumours		8.00 Long Gone Heroes			9.50 September 5		
	302 FAVOURITES	‹ 6.00 Kong: Skull Island		8.00 Godzilla				10.05 Godzilla x Kong: The New Empire	
	303 HITS	‹ 6.10 The Beekeeper		8.00 The Truman Show			9.45 This Is 40		
	304 GREATS	‹ 5.50 True Grit		8.00 The Shawshank Redemption				10.25 Bad Boys	
	305 ANIMATION	7.00 Bon Voyage, Charlie Brown			8.30 Transformers One			10.20 Under the Boardwalk	
	306 FAMILY	‹ 6.00 Ghostbusters: Frozen Empire		8.00 The Witches			9.45 The Wizard of Oz		
	307 ACTION	‹ 6.00 Jack Reacher: Never Go Back		8.00 Bad Boys II				10.30 Kick-Ass 2	
	308 COMEDY	‹ 6.10 Two Weeks Notice		8.00 Superbad				10.05 The Holdovers	
	309 THRILLER	‹ 5.25 Clear and Present Danger		8.00 The Sum of All Fears				10.05 Psycho	
	310 DRAMA	‹ 6.25 Speak Like a Child		8.00 Lost in Translation			9.50 Ordinary Angels		
	311 SCI-FI	‹ 6.15 Men in Black II		8.00 Gravity			9.40 A.I. Artificial Intelligence		
	313 FILM4		7.10 Stormbreaker			9.00 Mission: Impossible – Fallout			
SPORT	401 MAIN EVENT	‹ 6.00 The Hundred – Live	7.45 EFL – Live: Port Vale v Cardiff City (Kick-off 8.00)					10.00 PGA Tour Golf – Live	
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Gary Neville's Soccerbox		9.00 PL Stories	9.30 PL Greatest...	10.00 PL Icons	10.30 Sticker Book
	403 FOOTBALL	7.00 EFL Goals	7.30 EFL – Live: Port Vale v Cardiff City (Kick-off 8.00)						10.30 Championship...
	404 CRICKET	‹ 6.00 The Hundred – Live: Northern Superchargers Men v Welsh Fire Men (Start-time 6.30)					9.30 The Hundred Bitesize	10.15 The Hundred	
	410 TNT SPORTS 1	7.00 PL Stories	7.30 AFL			9.00 MLB – Live: Seattle Mariners v Chicago White Sox (Start-time 9.10)			
	411 TNT SPORTS 2	‹ 5.00 MLB – Live: Washington Nationals v Athletics		8.15 MLB: Off the Bat		9.00 PL Stories	9.30 PL Review		10.30 Meatball Molly

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** New edition Homes in Scotland, south Wales and Lincolnshire. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Upcyclers Katie and Sophie tackle a broken-up sofa frame. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **Bridge of Lies** Quiz show hosted by Ross Kemp. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Ross and Vicki seek advice, while Callum plays with fire. (S)

8 PM

8.00 **MasterChef** New edition 2/24. Amateur cooks duel it out in the famous kitchen a bid to be annointed the UK champion. (S)(AD)
■ Continues tomorrow

9 PM

9.00 **Destination X** New edition 4/10. With some fresh faces on board, the X-bus crosses into a country famed for music and rolling hills, while host Rob Brydon arranges for everyone to spend a night in a spooky castle. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Point Break** Director Kathryn Bigelow's action thriller starring Patrick Swayze and Keanu Reeves. An FBI agent goes undercover to join a gang of surfers who have been pulling off daring bank robberies disguised as former presidents of the United States. Also stars Gary Busey, Lori Petty and John C McGinley. (S)(AD) (1991, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **World's Busiest Cities: Delhi** The systems and people running the Indian city. (S)(R)(AD)
5.15 **Flog It!** From Wrest Park. (S)(R)
6.00 **Richard Osman's House of Games** With Charlie Baker, Val McDermid, Martin Offiah and Rebecca Lucy Taylor. (S)(R)
6.30 **Rick Stein's Food Stories** Rick tastes Bristol's popular jerk chicken and delves into the history of the city's African-Caribbean carnival. (S)(R)(AD)

8.00 Saving Lives at Sea

7.00 **Amol Rajan Interviews: Kemi Badenoch** New edition The journalist sits down with the Conservative leader. (S)
7.45 **Wild Scotland** Gordon Buchanan takes a trip to the island of Mull, where he seeks the rare sea eagle. (S)(R)

8.00 **Saving Lives at Sea** New edition 2/10. The North Berwick RNLI crew race to help a 10-year-old boy who has been swept out to sea on a paddleboard. Plus, in Walmer, a yacht has run aground on the Goodwin Sands. (S)(AD)

9.00 **The Gone** New episode 3/6. The truth about how Aileen went missing is revealed and the detectives grapple with the case. (S2) (S)
■ Entire series on BBC iPlayer
9.55 **Jungle Animal Hospital: Natural World** (S)(R)

10.00 **Live at the Apollo** Comedians Celya AB and Neil Delamere perform stand-up at the Hammersmith Apollo, hosted by Lou Sanders. (S)(R)
10.30 **Newsnight** (S)
11.00 **Human** 4/5. Ella Al-Shamahi looks at Homo sapiens' arrival in the Americas during the height of the Ice Age. (S)(R)(AD)
12.00 M'T **Sign Zone: Money for Nothing** Documentary. (S)(R)
1.00 AM **Sign Zone: Fake or Fortune?** A look at two paintings that could be the work of Renoir. (S)(R)(AD)
2.00 **Sign Zone: Saving Lives at Sea** (R)
3.00 **Sign Zone: Chess Masters – The Endgame** Quarter-finals. (S)(R)
3.35 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts the game show, with guests Axel Blake, Richard Madeley and Sian Welby guessing well-known phrases for the chance to win £50,000 for good causes. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Tom Kerridge Cooks Spain

7.30 **Emmerdale** Mack is determined to cheer up Charity, but she blames herself, Vinny searches for answers, while Vanessa and Manpreet bond over the shared frustration of their lives. (S)(AD)

8.30 **Tom Kerridge Cooks Spain** New edition The chef visits Andalucia, where local chemist Joaquin reveals the secrets of sherry vinegar. While in Cádiz, local producer Rafa explains how avocados have become very big business. (S)(AD)

9.00 **The Fortune Hotel** New edition The guests tackle a fast and frantic Hotel Game, involving memory, teamwork, and a suitcase full of unexpected items – with the winners gaining a valuable advantage. (S)(AD)

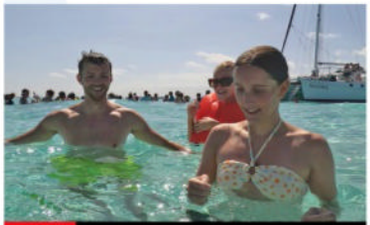
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Spectre** James Bond thriller starring Daniel Craig and Christoph Waltz. British secret agent 007 goes in search of the elusive mastermind behind a secret criminal network with links to his own past. With Léa Seydoux and Ben Whishaw. (S)(AD) (2015, 12, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.10 AM **Teleshopping**
3.00 **The Fortune Hotel** As shown at 9.00pm. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy & Shivi's Farmhouse Breakfast** With guest Russell Watson. (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** (S5&6) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 20-23/24. (S8) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** Manhattan. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** Looking for a holiday home in the Algarve. (S)(R)
4.00 **The Great House Giveaway** A joiner and a musician renovate a house in north Wales. (S)(R)
5.00 **Chateau DIY** Philipp starts a huge ongoing project to reinstate their formal garden. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A Liverpool couple want to enjoy their retirement in a Spanish home-from-home. (S)(R)



8.00 Supercruising: Life at Sea

7.00 **News** (S)

8.00 **Supercruising: Life at Sea** New edition 6/8. The MS *Nieuw Statendam* circles the Caribbean, while dancers Daisy, Freddie and Lauren knuckle down to rehearse a Las Vegas-style performance with solo singer Cassidy. (S)(AD)

9.00 **Johnny Vegas: Art, ADHD and Me** Series finale 2/2. The comedian's bid to create a piece of public art for St Helens in Merseyside hits a roadblock when Johnny receives a life-changing diagnosis. (S)(AD)

10.00 **Gogglebox** The armchair critics share their views on *It's Asia*, *Scam Interceptors*, *How to Heat Your Home for Less This Winter* and *Subservience*. (S)(R)(AD)
11.05 **Gogglebox** (S)(SL)(R)(AD)
12.05 AM **NEW Untold: Hunting My Sextortion Scammer** (S)(SL)(AD)
1.00 **Ramsay's Kitchen Nightmares USA** New Jersey. (S)(SL)(R)
1.50 **Michael Mosley: Secrets of the Superagers** (S)(SL)(R)(AD)
2.45 **The Supervet** (S)(SL)(R)(AD)
3.40 **Worst House on the Street** (S)(R)
4.35 **George Clarke's Amazing Spaces**
5.30 **Kirstie's Fill Your House for Free**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **A Reservation for Death** Crime drama starring Nathalie Kelley and Colin Donnell. (S) (2021, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Burnley magician Matt hopes he is fit enough for an escape act. (S)(R)(AD)
5.00 **News** (S)
6.00 **A Yorkshire Farm** In Bala, North Wales, Erin McNaught takes charge of lambing for the first time ever. (S)(R)
6.55 **News** (S)

8.00 The Hotel Inspector

7.00 Somerset: Wonder of the West Country Cameras focus on Bath, one of its most desirable multi-million-pound properties, and the town being overtaken by Jane Austen fans. (S)(R)
7.55 **News** (S)

8.00 The Hotel Inspector New edition 4/8. Alex Polizzi heads to rural Worcestershire where farmer Ian and his wife, Emma, are battling to save their livestock business with a glamping site called By the Red Phone Box. (S)

9.00 The Secret Life of Trees Series finale 3/3. How trees can extend their lives by 'walking' across the land and planting new roots, and how a decaying tree has the ability to nurture new life. (S)

10.00 NEW **Air Crash: The Miracle Children of the Amazon** The story of four children who survived a plane crash that killed all the other passengers, and managed to endure 40 days in the Amazon jungle. (S)

11.05 **Soldier: For King and Country** 1/4. Documentary. (S)(R)
12.05 AM **Motorway Cops: Catching Britain's Speeders** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S9) (S)(R)
3.50 **Warship: Life at Sea** (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S3) (S)(R)
11.00 **Chasing the Rains** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 17/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Wild Barts Can't Be Broken:* Chief Wiggum enforces a curfew when the school is vandalised. (S)(R)
5.30 *The Otto Show:* Marge and Homer buy Bart a guitar. With the voices of Spinal Tap. (S)(R)
6.00 *Sunday, Cruddy Sunday:* Homer organises a trip to the Super Bowl. With the guest voice of Dolly Parton. (S)(R)
6.30 *Homer to the Max:* Homer changes his name. (S)(R)

10.00 The Walking Dead: Dead City

7.00 The Office (US) *The Boat:* 6/25. Dwight makes a guest appearance on a radio show. (S)(R)
7.30 *The Whale:* 7/25. Dwight struggles to sell to a client, and Angela suspects she is being cheated on. (S9) (S)(R)

8.00 Rob & Romesh vs UFC 3/4. The comedians enter the world of mixed martial arts, visiting the Ultimate Fighting Championship's International Fight Week in Las Vegas to train with all of the stars. (S)(R)(AD)

9.00 Mr Bigstuff New episode 5/6. Glen freaks out, but is interrupted by Sue mid-meltdown. (S)
9.30 Series finale 6/6. Sue plays her most manipulative trump card. (S2) (S)(AD)
■ Entire series on Box Sets

10.00 The Walking Dead: Dead City New episode *Bird Always Knows:* 5/8. Negan makes some big moves, while Maggie takes matters into her own hands. (S2) (AD)
■ Entire series on Box Sets

11.00 **Never Mind the Buzzcocks** (R)
11.45 **Curb Your Enthusiasm** 7/10. Jeff has an allergic reaction to Sammy's pet dog. (S)(R)
12.25 AM 8/10. Larry annoys a rapper. (S3) (S)(R)
1.05 **The Force: Manchester** (S)(R)
2.00 **Hawaii Five-0** (S10) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 17/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **12.35am** Scotcast (S)(R) **1.05** Weather for the Week Ahead (S) **1.10-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm House of the Year (S)(R) **11.10** FILM Point Break (S)(AD) (1991, 15, 115min) ★★★★ **1.05-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm NEW Eisteddfod with Huw Stephens (S) **10.40** Rookie Cops (S)(R) **11.10** FILM Point Break: As N. Ireland. **1.05-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Hardy Bucks New episode (S) **10.25-10.30pm** The Chronicles of Armagh (S)(R)

WALES
Sky 968, Freesat 968
7.00pm The One Show (S) **7.30** Best of Weatherman Walking: Coastal Delights (S)(R) **7.45** Amol Rajan Interviews: Kemi Badenoch New edition (S) **8.30** Saving Lives at Sea New edition (S)(AD) **9.30** The Gone New episode (S)(AD) **10.25-10.30pm** Jungle Animal Hospital: Natural World (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **10.30** Eisteddfod Genedlaethol New edition **12.00noon** Newyddion **12.05pm** Eisteddfod Genedlaethol New edition **2.00** Newyddion **2.05** Eisteddfod Genedlaethol New edition **4.00** Eisteddfod Genedlaethol New edition **5.00** Eisteddfod Genedlaethol New edition **7.30** Newyddion a'r Tywydd **7.50** Eisteddfod Genedlaethol New edition **10.30** Cynefin **11.30pm-12.05am** Cartrefi Cymru

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Dubai Hustle** 1/4. Jess ponders a career move to off-plan. **7.30** 2/4. The youngest broker at the firm makes a big first impression.
7.55 **The Catch Up**
8.00 **Top Gear** Richard drives two Lamborghinis in Italy.
9.00 **Dubai Hustle** 3/4. Lucas pulls out all the stops to impress a property investor. **9.30** 4/4. Archie and Chris battle it out on who can make desert champ.
10.00 **Scam Land: Money, Mayhem and Maseratis** 3/5. Mobeen Azhar attempts to understand what drives people to trade.
10.40 **Scam Land: Money, Mayhem and Maseratis**
11.45 **Chloe Ayling: My Unbelievable Kidnapping**
2.05 AM **Dubai Hustle**
2.35 **Ladhood** 3/6. (S3)
3.00 **Press X on the BBC**
3.10 **to 3.55** AM **Chloe Ayling: My Unbelievable Kidnapping**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM FILM **All About Eve** Classic comedy drama starring Bette Davis and Anne Baxter. An ageing Broadway actor takes a young fan under her wing and then discovers that her protégé is scheming to steal her glory. (1950, b/w, U, 138min) ★★★★★
9.15 FILM **Gladiator** Ridley Scott's historical drama starring Russell Crowe and Joaquin Phoenix. Wronged Roman general Maximus enters the coliseum to fight his way out of slavery and avenge the murder of his wife and son by pychotic emperor Commodus. (2000, 15, 154min) ★★★★
11.40 FILM **When Harry Met Sally...** Romantic comedy starring Billy Crystal, Meg Ryan and Bruno Kirby. (1989, 15, 95min) ★★★★★
1.10 AM **Art on the BBC: Van Gogh – Life and Art**
2.10 **to 3.25** AM **Caroline Aherne: Queen of Comedy**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Leeds.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Kirstie and Phil's Love It or List It** A mother and daughter need help with their Victorian cottage in Surrey.
6.55 **Grand Designs** Kevin McCloud follows the progress of a dual-purpose family and wheelchair-friendly home.
7.55 **The Dog House** Three-legged labrador Dave seeks a new best friend, and his owners Laura and Paul hope that Luna, the beautiful but nervous saluki, will win Dave over.
9.00 **24 Hours in A&E** A woman is airlifted to St George's after being involved in a car crash with her husband in Surrey.
10.00 **24 Hours in A&E** A man is rushed to St George's after crashing his car into metal railings during a high-speed collision, and a woman who has fallen in a restaurant.
11.05 **Emergency Helicopter Medics** A mountain biker is in distress in the Cumbrian mountains.
12.05 AM **The Good Doctor**
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **Food Unwrapped's Nordic Adventure**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four episodes.
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **The Simpsons** *Dude, Where's My Ranch?* The family spend Christmas on a ranch. **7.30** *In the Name of the Grandfather:* Homer and Grampa visit Ireland.
8.00 **Below Deck Sailing Yacht** New edition 2/16. A cute host catches Danni's eye.
9.00 **Gogglebox** *The Gentlemen* and *Casualty* are appraised.
10.00 **First Dates** Big Narstie's cousin goes on a date with an office manager.
11.05 **Naked Attraction**
12.10 AM **The Big Bang Theory**
1.05 **The Simpsons**
1.40 **Rick and Morty**
2.05 **Mike Tyson Mysteries** New episodes (S4)
2.35 **Brooklyn Nine-Nine**
3.25 **The Goldbergs**
3.45 **Below Deck Sailing Yacht**
4.30 **Young Sheldon**
5.20 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Sun, Sea and A&E** 4/11. (S3)
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue**
12.00 NOON **FBI** 13/22. (S4)
1.00 PM **FBI: International** (S1)
2.00 **FBI: Most Wanted** 13/22. Jess takes advantage of his empty nest to court Sarah. (S3)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

9.00 **FBI**

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Double bill.
8.00 **True Blood** 11&12/12. (S2)
10.00 **Six Feet Under** 5&6/13. (S3)
12.00 NOON **House of the Dragon**
1.20 PM **Babylon Berlin** (S1)
3.30 **True Blood** 11/12. Bill tries to get advice from the vampire queen of Louisiana.
4.30 12/12. Sam puts his trust in his new ally as he prepares to save the town. (S2)
5.30 **Six Feet Under** 5/13. Ruth gets a new live-in apprentice.
6.35 6/13. The Fishers deal with a nosebleed fatality. (S3)

10.10 **Big Little Lies**

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **Magnum P.I.** 12/20. (S5)
9.00 **Stargate Atlantis** (S3)
11.00 **SEAL Team** 9/22. (S2)
12.00 NOON **Magnum P.I.** (S5)
1.00 PM **Hawaii Five-0** (S10)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 17/22. A series of explosions hits LA. (S5)
5.00 **SEAL Team** 8/22. Mandy and Jason go undercover at an upmarket nightclub. (S2)
6.00 **Stargate Atlantis** 5/20. An advanced civilisation puts the team in jeopardy. (S3)

9.30 **Mr Bigstuff**

ITV2

118 122 115 6 113 6

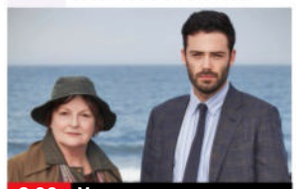
6.00 AM **CITV**
7.45 **Dinner Date**
8.35 **Georgia and Tommy**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.10 **Real Housewives of Salt...**
12.05 PM **Dinner Date**
1.05 **Georgia and Tommy**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Potomac**
5.00 **The Real Housewives of Salt Lake City** New edition
6.00 **Celebrity Catchphrase**

7.00 **Deal or No Deal**

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Midsomer Murders**
10.10 **The Royal** *First Impressions.*
11.20 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Orchis Fatalis:* A rare orchid triggers a spate of killings.
5.50 **Heartbeat** *The Championship:* After a quoits match, the visiting team set off home, but disaster strikes when their coach veers off the road.



8.00 **Vera**

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.40 House of the Dragon *Rhaenyra the Cruel:* 2/8. Rhaenyra questions Daemon's loyalty, while Ser Criston Cole concocts a misguided plan for revenge. (S2)

7.00 Stargate Atlantis *The Real World:* 6/20. Dr Weir is told that Atlantis is just a figment of her imagination. (S3)

7.00 Deal or No Deal Stephen Mulhern hosts the show, as Mark takes on the Banker for the chance to win life-changing money.

6.55 Heartbeat *Who Needs Enemies?* Blaketon is threatened with demotion and begins to ponder a job with a security firm.

8 PM

8.00 The Equalizer *The People Aren't Ready:* 4/18. McCall races to stop the murder of District Attorney Grafton. (S2)

8.00 Rob & Romesh vs UFC The comedians visits the Ultimate Fighting Championship's International Fight Week.

8.00 Million Dollar Listing: LA The Altmans' tension boils over as Heather rushes to finish the Orange County office for their opening.

8.00 Vera *Protected:* The son of a prominent local family is found murdered on the beach at Whitley Bay, and a second death leaves Vera facing puzzling questions and pressure to crack the case.

9 PM

9.00 NEW SERIES FBI *Abandoned:* 1/22. A Brooklyn plumber is taken out in a hit. *See feature, page 12.* (S7)

9.00 The Gilded Age *Ex-Communicated:* 7/8. Mrs Astor discusses the future of her Newport ball with Bertha. (S3)

9.00 Mr Bigstuff New episodes 5/6. Glen freaks out.
9.30 Series finale 6/6. Lee ties up loose ends. (S2)
■ Entire series on Box Sets

9.00 Georgia and Tommy: Happy Essex After Series finale 3/3. Georgia and Tommy's big Mallorca wedding day is here.

10 PM

10.00 NEW SERIES FBI: International *A Leader, Not a Tourist:* 1/22. A supervisory agent joins the Fly Team. (S4)
11.00 **FBI: Most Wanted** Double bill of the crime drama. (S5)
1.00 AM **Chicago Med** New episode
2.00 **Chicago Fire** New episode
3.00 **Chicago PD** New episode
4.00 **Highway Patrol** New edition
5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

10.10 Big Little Lies / *Want to Know:* 7/7. Madeline worries the Monterey Five are being torn apart. (S2)
11.10 **The Sopranos** 2/13. (S1)
12.10 AM **American Rust** 7/9. Harris' investigation continues.
1.10 8/9. Harris realises what he has to do. (S1)
2.10 **The Night Of** 8/8. (S1)
3.50 **House of the Dragon** (S2)
5.00 **to 6.00** AM **The Guest Wing**

10.00 The Walking Dead: Dead City New episode *Bird Always Knows:* 5/8. Negan makes moves. (S2)
■ Entire series on Box Sets
11.00 **Never Mind the Buzzcocks** Paloma Faith, Benji Webbe and Judi Love join Noel Fielding, Daisy May Cooper and Jamali Maddix.
11.45 **The Force: Manchester**
1.45 AM **Road Wars**
2.50 **NCIS: Los Angeles** (S13)
3.55 **S.W.A.T.** 17/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

10.00 Botched Medics Terry Dubrow and Paul Nassif help a woman who almost died from a nightmarish tummy tuck.
11.00 **Family Guy** 4/20. Chris loses a rare dollar note. (S16)
11.30 18/18. Lois books a couple's vacation. (S13)
12.00 M'T **American Dad!** (S12)
1.05 AM **Bob's Burgers** 11/22. (S11)
1.35 **Karaoke Club: Drag Edition**
2.35 **to 3.00** AM **Unwind with ITV**

10.00 Foyle's War *The Eternity Ring:* MI5 suspects that Britain's atomic research programme has been infiltrated and recruits Foyle to investigate a Soviet spy ring.
11.50 **Trigger Point** 1/6. Thriller starring Vicky McClure. Two bomb disposal officers are called to a housing estate. (S1)
12.50 AM **On the Buses**
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Food Fest Scotland** Exploring the Foodies Festival in Glasgow.
8.00 **Beechgrove Garden** New edition Calum and George tackle the problem of club root.
8.30 **Loggerheads** The teams are in a beech woodland in Perthshire in need of thinning out.
9.00 **Ooh the Banter** A look back at a celebration of Scottish comedy.
10.00 **NEW SERIES Edinburgh Unlocked** 1/3. Mark Nelson chats to actors Brian Cox and Miriam Margolyes.
10.30 **Situationships with Sophie and Christine** Series finale 8/8. Advice.
11.00 **Scotcast** New edition Scotland's news stories.
11.30 PM **to 12.00** M'T **Scot Squad** 1/6. (S4)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Sort Of** (S2)
9.00 **The Conners** (S2)
10.00 **Insecure** 3&4/8. (S1)
11.20 **Sex and the City** (S1)
12.40 PM **High Maintenance**
1.55 **Insecure** 3&4/8. (S1)
3.05 **The Rehearsal** 4/6. (S1)
3.40 **Sex and the City** (S1)
5.10 **Hello Ladies** 4/8. (S1)
5.45 **The Conners** (S2)
6.45 **The Office (US)** (S9)
7.45 **Vice Principals** (S1)
9.00 **Girls** 3/10. Adam gets his TV acting break.
9.40 4/10. Hannah and Fran clash over their differing approaches to teaching. (S5)
10.20 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.20 **Curb Your Enthusiasm**
12.40 AM **Enlightened** (S1)
2.00 **And Just Like That...** New episode 11/12. (S3)
2.40 **Somebody Somewhere**
3.50 **How to Make It in...**
4.20 **to 5.00** AM **The Rehearsal**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Highlights**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Laurie Lee: The Lost Interview**
3.00 **Master Crafters: The Next Generation**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **The Directors**
10.00 **Classic Movies**
11.00 **The Art of Film**
12.00 M'T **Douglas Adams: The Man Who Imagined Our Future**
1.30 AM **Erotic Adventures of Anais Nin**
3.00 **Camille Pissarro: The Father of Impressionism**
4.10 **The Art of Architecture**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S6)
6.00 **Star Trek: Voyager** (S1)
7.00 **Star Trek: The Next Generation** 2/22. (S2)
8.00 **Star Trek: Deep Space Nine** 12/26. (S3)
9.00 **Britain's Most Evil Killers** A look at the crimes of Robert Howard.
10.00 **The Real Manhunter: Delroy Grant**
12.00 M'T **Grimm** 10/22. (S5)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Word game hosted by Adil Ray.
2.00 **Wheel of Fortune**
3.00 **Tenable** Five members of an LGBTQ+ running club answer questions about top 10 lists.
4.00 Five family members from Southport take part.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Alex tries to open the 22 red boxes in the right order for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the quiz show, hosted by Ben Shephard.
12.00 M'T **Wheel of Fortune**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

8.00 AM **Father Dowling Mysteries** 12/13. (S2)
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 11&12/22. (S2)
12.00 NOON **Highway to Heaven** (S1&3)
1.00 PM **Father Dowling Mysteries** 4/22. (S3)
2.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
8.00 **M*A*S*H** 18/25. Hawkeye takes command.
8.30 19/25. Morale hits an all-time low. (S8)
9.00 **FILM Star Trek: Generations** Sci-fi with Patrick Stewart. (1994, PG, 118min) ★★★
11.30 **The Avengers** (S6)
12.30 AM **M*A*S*H** (S8)
1.30 **Airline USA**
2.00 **Hart to Hart** 12/22. (S4)
3.00 **Crazy Like a Fox** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Protectors**
6.30 **Kojak** Double bill.
8.40 **Magnum, PI** Double bill.
10.50 **The Casebook of Sherlock Holmes** 3/6. A horse owner gambles all his money. (S1)
11.55 **Magnum, PI** Double bill.
1.55 PM **Kojak** Double bill.
4.05 **Minder** 12/13. Arthur acquires an old coach and launches a sight-seeing business. (S8)
5.15 LIVE **Racing: Racing League** Megan Nicholls presents the third round of the season, which comes from Chepstow.

9.00 Jack Reacher

LIVE Racing: Racing League (started at 5.15pm)

8.45 **Snooker v Darts** Comparing 147 breaks with nine-dart finishes.

9.00 FILM **Jack Reacher** Thriller starring Tom Cruise. A former military cop uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. With Rosamund Pike. (2012, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 FILM **Predator 2** Sci-fi thriller sequel starring Danny Glover, Gary Busey and Ruben Blades. A tough cop faces a ferocious alien in 1997 Los Angeles. (1990, 15, 107min) ★★★
1.40 AM **BattleBots**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** (S7)
2.00 **Primeval** 6/6. (S1)
3.00 **Stargate Atlantis** (S3)
4.00 **Star Trek: Voyager** (S7)
5.00 **Star Trek: The Next Generation** 25/25. Picard drifts between time warps. (S7)
6.00 **Star Trek: Enterprise** 13/22. Part two of three. Reed and Trip are held hostage. (S4)

11.00 Westworld

7.00 **Primeval** 6/6. Helen returns and claims a predator from the future is behind a spate of disappearances. (S1)

8.00 **Stargate Atlantis** *Irresistible:* 3/20. A man with manipulative powers makes the team take alarming risks. (S3)

9.00 **The Leftovers** *Orange Sticker:* 4/10. Kevin goes missing, however when he returns he has no memory. (S2)

10.00 **The Walking Dead** *Splinter:* 20/22. Eugene, Ezekiel, Yumiko and Princess are captured by the troopers. (S10)

11.00 **Westworld** 9/10. Maeve makes a proposition to the outlaw Hector, and Teddy finds enlightenment – at great cost. **12.10** AM 10/10. The holiday destination's robotic inhabitants develop a code of ethics. (S1)
2.00 **True Blood** 11&12/12. (S5)
4.00 **Primeval** 6/6. (S1)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown**
10.00 **The Mentalist** 13/23. (S1)
11.00 **Hudson & Rex** 3/20. (S5)
12.00 NOON **Miss Scarlet and the Duke** As shown at 7.00pm.
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 13/23. (S1)
5.00 **Hudson & Rex** 3/20. (S5)
6.00 **Father Brown** *The Show Must Go On:* Father Brown learns there's more drama offstage than on in the new production by the Kembleford Players.

9.00 Annika

7.00 **Miss Scarlet and the Duke** 1/6. Eliza teams up with Duke to investigate a burglary that occurred at a high-end brothel. (S4)

8.00 **Death in Paradise** *Unlike Father, Unlike Son:* 8/8. The team investigate the death of a murder suspect who was in custody. (S4)

9.00 **Annika** 1/6. DI Annika Strandhed is faced with the murder of a man found in the river with a harpoon in his head. (S1)

10.05 **Death in Paradise** *Beyond the Shining Sea – Part Two:* 6/8. Tragedy ends up striking close to home for the team. (S8)
11.05 **Father Brown** As 6.00pm.
12.05 AM **White Collar** 4/14. An army captain stands accused of smuggling stolen artifacts from Iraq. (S1)
1.00 **Death in Paradise** (S4)
2.00 **Elementary** 11/24. (S4)
2.45 **to 4.00** AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.00 **Last of the Summer Wine**
10.20 **Are You Being Served?**
10.55 **Still Open All Hours**
11.35 **Last of the Summer Wine**
12.55 PM **Keeping Up Appearances**
1.35 **I Didn't Know You Cared**
2.15 **Dad's Army**
2.55 **Still Open All Hours**
3.35 **Last of the Summer Wine**
4.55 **Are You Being Served?**
5.30 **Dad's Army**
6.05 **Still Open All Hours**
6.40 **Gavin & Stacey**

4.55 Are You Being Served?

7.20 **Gavin & Stacey** The day of the wedding arrives, and Nessa considers sharing her big secret.

8.00 **Red Dwarf** The crew arrive on a version of Earth where everything occurs backwards. **8.35** Lister and Rimmer are marooned on an icy planet after a crash.
9.15 **Gavin & Stacey** The happy couple return from their honeymoon. **9.55** Smithy goes missing following Nessa's shocking revelation.
10.35 **Not Going Out** Lucy and Lee attempt to answer an age-old question.
11.15 **The Office** A special training day for the staff at Wernham Hogg turns into a sing-song.
11.55 **Gavin & Stacey** Double bill.
1.10 AM **Not Going Out**
1.50 **The Office** As 11.15pm.
2.35 **Here We Go**
3.05 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gassed Up**
8.00 **Border Force: America's Gatekeepers**
10.00 **Cape Carnage: Killer Catch**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Celebrity Storage Hunters** From Caxton.
1.00 PM **Storage Hunters UK**
2.00 **Cape Carnage: Killer Catch**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** A family passionate about offal.
6.00 **Hairy Bikers' Best of British** A look at the relationship between food and religion.

7.40 House of Games

7.00 **Would I Lie to You?** With Patrick Kielty, Mark Watson, Bernard Cribbins and Deborah Meaden.
7.40 **Richard Osman's House of Games** With Jayde Adams and Josie d'Arby. **8.20** With AJ Odudu, Mark Billingham, Neil Delamere and Lucy Porter.

9.00 **QI XL** Extended version with Sandi Toksvig, Alan Davies, Rosie Jones, Ahir Shah and Henning Wehn discussing tea time.

10.00 **Have I Got a Bit More News for You** Kirsty Young hosts, with guest panellists Phil Wang and Armando Iannucci.
11.00 **Taskmaster** The competitive nature of *Taskmaster* bubbles alarmingly to the surface.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Australian Ninja Warrior**
3.20 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **George Clarke's Remarkable Renovations** Converting a derelict bakery in Laceby into a home.
8.00 **Location, Location, Location** Kirstie Allsopp helps a single mother find a home in Devon.
9.00 **Grand Designs** A home in the Lincolnshire Wolds.
10.00 **8 Out of 10 Cats Does Countdown** With Josh Widdicombe.
11.05 **Celebrity SAS: Who Dares Wins** Double bill.
1.05 AM **Johnny Vegas: Art, ADHD and Me**
3.10 **Our Farm Next Door: Amanda, Clive and Kids**
4.10 **to 4.40** AM **Four in a Bed**

5USA

141/169 129 120/162 21 129 29

9.05 AM **NCIS** 10-12/19. (S5)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Murder 2.0:* 6/25. A serial killer posts footage online. **7.00** *Collateral Damage:* 7/25. A security guard is killed during a robbery. **8.00** *Cloak:* 8/25. Gibbs sends DiNozzo and Ziva on a decoy mission. (S6)
9.00 **Blue Bloods** *Hard Bargain:* 16/22. Linda's brother gets into trouble with the mob. (S7)
10.00 **Law & Order: Special Victims Unit** *Parents' Nightmare:* 22/23. An eight-year-old boy is kidnapped from school. **11.00** *Surrendering Noah:* 23/23. Baby Noah's father faces trial for his crimes. (S16)
12.00 M'T **The Resident** (S3)
1.55 AM **Person of Interest**
2.50 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 **Bargain-Loving Brits in the Sun**
10.00 **Extreme Nightmare Tenants** Documentary.
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** A burns patient shows signs of a stroke.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E** Documentary.
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.20 **Traffic Cops**
11.20 **Police Interceptors**
1.25 PM FILM **My Name is Nobody** Western. (1973, 15, 115min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Officers race to back up a patrol on the tail of a joyrider.
9.00 **Trucking Heavy: Massive Moves** New edition Crews move an industrial valve in the Welsh countryside.
10.00 **Extreme Tow Truckers**
11.00 **MacGyver** 4/21. (S1)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Warship: Life at Sea**
2.00 **Trucking Hell**
3.00 **Big Road Rescue: Emergency Call Out**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The chefs must create a dish that best represents who they are now as they come back to win.
8.40 **Inside the Ambulance** A man collapses while playing bingo in Dudley.
9.10 **One Born Every Minute** A husband coaches his wife through a birth. **10.10** A couple anxiously await news of their premature twins.
11.10 **999 Rescue Squad**
1.20 AM **Aaron Hernandez Uncovered** True-crime.
2.05 **to 3.00** AM **Changing Rooms Australia**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko**
8.25 **Doctors**
9.40 **Classic Holby City**
10.40 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **The Doctor Blake Mysteries** 7/10. (S2)
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Miss Marple** *A Pocketful of Rye:* A businessman is found dead. (S1)
10.15 **New Tricks** *Dead Poets:* 7/10. The detectives unearth a poetic murder mystery. (S9)
11.35 **Spooks** 6/10. (S4)
12.55 AM **Pie in the Sky**
1.55 **'Allo 'Allo!**
2.35 **Waiting for God**
3.05 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

THURSDAY Entertainment

Thursday

Really

142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** Shane Lynch.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Help! My House Is Haunted** New edition Shadow figures and a small boy haunt Alice's home. The team unearth a mining explosion that killed over 300, with some bodies never found.
10.00 **The Osbournes Want to Believe** The family look to find proof that mermaids exist.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **Celebrity Help! My House Is Haunted**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes**
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show hosted by Chris Tarrant.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM **Wanted: Dead or Alive** Four editions.
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Cripple Creek** Western. (1952, U) ★★
2.50 **FILM Bad Man's River** Comic Spaghetti Western. (1972, 12, 90min) ★
5.00 **FILM Lone Rider** Western. (2008, PG, 80min) ★★
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM Between Heaven and Hell** War drama starring Robert Wagner. (1956, PG, 94min) ★★
11.05 **FILM We Dive at Dawn** World War Two submarine drama. (1943, b/w, U, 97min) ★★★
1.15 AM **FILM Mega Shark vs Mecha Shark** Thriller. (2014, 15, 85min) ★★
3.10 **to 5.00** AM **Cops Uncut**

+1 hour 324 319

GREAT! movies

321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7**
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mystery: The Wedding Dress** Crime drama. (2015, PG, 83min) ★★
1.00 PM **FILM The Narcissist** Thriller starring Amber Goldfarb. (2019, 12) ★★
2.55 **FILM 911 Nightmare** Thriller. (2015, 15) ★★
5.00 **FILM Dance Night Obsession** Thriller. (2016, PG, 94min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM The Mountain Between Us** Adventure. (2017, 12, 112min) ★★
11.20 **FILM The Student** Thriller. (2017, 12) ★★
1.25 AM **FILM Fatal Performance** Thriller. (2013, PG, 83min) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM A Stolen Past** Drama. (2018, 12, 87min) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Love on a Limb** (2016, PG) ★★
10.00 **FILM After the Storm** Drama. (2019, PG) ★★
12.05 PM **FILM Date with Love** Romantic comedy. (2016, U, 85min) ★★
2.00 **FILM This Little Love of Mine** Romantic drama. (2021, U, 91 min) ★★
4.05 **FILM All of My Heart: Inn Love** Drama. (2017, PG, 90min) ★★
5.55 **FILM Sealed with a Kiss** Romantic drama. (2015, PG, 95min) ★★
8.00 **FILM Sweet Home Carolina** Drama. (2017, PG, 84min) ★★
9.50 **FILM Starting Up Love** Romantic comedy. (2019, PG, 77min) ★★
11.50 **FILM Love on the Rise** Romantic drama. (2020, U, 86min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM This Little Love of Mine**

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** 10/36. (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Don't Drink the Water**
12.00 NOON **Carry On Laughing** 7/7. (S2)
12.30 PM **Jokers Wild**
1.00 **Kane & Abel** 2/3. (S1)
3.00 **FILM Royal Wedding** Musical. (1951, U) ★★★
5.00 **Lucky Feller** 11/13. (S1)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S3)
7.00 **I Dream of Jeannie** (S1)
7.30 **Jokers Wild**
8.00 **Don't Drink the Water**
8.30 **Lucky Feller** 11/13. (S1)
9.00 **Bramwell** 2/10. (S3)
10.00 **Soap** 23/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM The Outlaw** Western. (1943, b/w, U, 126min) ★★★
2.15 AM **Soap** 23/25. (S1)
2.45 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Yukon Men**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Two old friends race to finish their seasons. **8.00** Following life aboard ship in the Alaskan crab-fishing fleet.
9.00 **Expedition X** Probing reports of a sea monster said to be attacking Bahamian locals.
10.00 **Expedition Unknown** A look at the Bermuda Triangle's most infamous shipwreck and lost flights.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Hairy Bikers' Mississippi Adventure**
7.00 **Barefoot Contessa**
8.00 **American Adventure**
9.00 **River Cottage Every Day**
10.00 **Mediterranean Adventure**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Every Day**
6.00 **Mediterranean Adventure**
7.00 **Great British Bake Off**
9.00 **Maneet's Eats** New edition
9.30 **Nadiya's Fast Flavours**
10.00 **James Martin's Great British Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 23/25. (S7)
9.00 **The Fall Guy** 20/23. (S2)
10.00 **Knight Rider** 11/22. (S4)
11.00 **FILM Riddles of the Sphinx** Action adventure. (2008, 12, 89min) ★★
1.00 PM **FILM Gunsmoke: To the Last Man** Western adventure. (1992, PG, 91 min) ★★
3.00 **FILM Brothers of the Frontier** Western. (1995, U, 87min) ★★
5.00 **Star Trek** 12/24. (S3)
6.00 **Knight Rider** 12/22. (S4)
7.00 **The Fall Guy** 21/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM PREMIERE Acceleration** Adventure. (2019, 15, 85min) ★★
10.45 **FILM Lord of War** Black comedy thriller. (2005, 15, 122min) ★★★★
1.05 AM **FILM The Factory** Crime thriller. (2012, 15, 104min) ★★
3.10 **to 5.00** AM **FILM The Reptile** Hammer horror. (1966, 15, 86min) ★★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Boot Hill** As shown at 5.00pm.
8.00 **FILM Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
10.00 **The Lost World** (S3)
11.00 **FILM Tornado Warning** Sci-fi action thriller. (2012, PG, 90min) ★★
1.00 PM **FILM The Land That Time Forgot** Sci-fi. (2009, 12, 90min) ★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 13/23. (S4)
5.00 **FILM Boot Hill** Comedy Western. (1969, PG, 91 min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 14/23. (S4)
9.00 **FILM Renegades** Action adventure. (2017, 15, 106min) ★★
11.05 **FILM Maximum Overdrive** Horror. (1986, 18, 97min) ★★★
1.00 **to 3.00** AM **FILM The Witches** Hammer horror. (1966, 15, 91 min) ★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Cheshire.
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Files Reopened**
11.10 **Strange Evidence**
12.10 PM **The Best of MonsterQuest**
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Files Reopened**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **UFOs: Why Are They Here?** Documentary.
10.00 **The Proof Is Out There**
11.00 **UFOs: The Lost Evidence** Documentary.
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Amazing Railway Adventures** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Alaska.
12.00 NOON **Reuben: Life in the Dales**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
5.30 **The Yorkshire Vet**
6.00 **All Creatures Great and Small**
7.00 **Reuben: Life in the Dales** Documentary.
8.00 **Ben Fogle: New Lives in the Wild** New Zealand.
9.00 **The Queen Mother: A Life in Pictures**
10.00 **The King's Guard: Serving the Crown**
11.00 **All Creatures Great and Small**
12.00 M'T **Yorkshire Great and Small**
1.00 AM **Amazing Railway...**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun** Salvaging a neglected presbytery in Normandy on a very tight budget. **9.00** Middlesbrough couple Terry and Ashley restore their dream home.
10.00 **Fixer to Fabulous**
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **1000-lb Sisters**
11.00 **Body Bizarre**
12.00 M'T **My Extreme Excess Skin** Documentary.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **1000-lb Sisters**
3.00 **Body Bizarre**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Cheapskates**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 19&20/22. (S5)
10.00 **Last Man Standing** (S6)
11.00 **Everybody Loves Raymond** (S4&5)
1.00 PM **Friends** (S5)
7.00 **Friends** 12/25. Monica and Rachel get angry. **7.30** 13/25. Guest stars Reese Witherspoon. **8.00** 14/25. Phoebe is mistaken for a porn star. **8.30** 15/25. Part one of two. The pals ponder what might have been. (S6)
9.00 **Kevin Bridges – The Story Continues**
10.00 **South Park** New episode (S27)
10.30 **South Park** (S3,4&14)
1.30 AM **MTV Cribs: Comedians Specials**
2.00 **Broad City** 3&4/10. (S3)
3.00 **Stupid Central**
3.50 **CC Live: Stand Up Shorts** With Sikisa.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 2&3/13. (S3)
11.00 **Friends** (S8&9)
1.00 PM **Impractical Jokers**
2.00 **Daria** 4&5/13. (S3)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S6)
7.00 **Everybody Loves Raymond** (S4&5)
9.00 **New Girl** 5&6/22. (S6)
10.00 **Friends** (S5)
1.30 AM **Beavis and Butt-Head** (S5)
2.00 **Key & Peele**
3.00 **Kevin Hart: Comedy Central Live**
3.20 **Amy Schumer: Comedy Central Live**
3.45 **Alan Carr Live: Spexy Beast**
4.30 **Channel Hopping with Jon Richardson**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Bull** (S6)
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Bull** 17-19/22. (S6)
9.00 **Road Wars** Double bill.
10.00 **Reginald the Vampire** 7/10. Reginald finds himself in a love triangle. **11.00** 8/10. Reginald goes to find Abraham. (S1)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own US Road Trip**
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
11.00 **Catfish: On The Run**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2**
7.00 **Celebs on the Ranch**
8.00 **Rich Kids Go Skint**
9.00 **Help! I'm in a Secret Relationship!**
10.00 **Jersey Shore Family Vacation** New edition Pauly and Nikki head off to Jamaica to celebrate their anniversary.
11.00 **The Challenge: Vets & New Threats** New edition
12.30 AM **Love & Hip Hop: Atlanta** New edition
1.30 **Ink Master**
3.10 **to 4.00** AM **Caught in the Act: Unfaithful**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs** Double bill.
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Double bill.
5.00 **Building Off the Grid** Two brothers build a home on their 2,000-acre cattle ranch.
6.00 **Baggage Battles** The auction specialists bid on luggage from London's airports. **6.30** The specialists head to the Santa Cruz Lost Property Auction in California.

9.00 Naked and Afraid

7.00 **Wheeler Dealers World Tour** In Germany, Mike and Elvis are captivated by an E30 M3, their most expensive purchase yet.
8.00 **Roadworthy Rescues** Derek heads out to a scrapyard to find a retired tow truck he can use around the shop.
9.00 **Naked and Afraid: Last One Standing** New edition The final challenges test bushcraft, fire-making and bow skills.
10.30 **Discovery Changed My Life** Individuals reveal how shows they watched on Discovery transformed their lives.
11.00 **Buying Alaska** A couple fancy a move to Talkeetna. **11.30** Newlyweds are ready to buy their home in Talkeetna.
12.00 M'T **Moonshiners**
1.00 AM **Naked and Afraid: Last One Standing** As 9.00pm.
2.30 **Discovery Changed My Life**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Groomer Has It**
9.00 **Bad Dog!** Documentary.
10.00 **Tanked** With DJ Ashba.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Groomer Has It** The judges continue getting tougher. **4.00** The contestants put themselves on the line.
5.00 **Lone Star Law** Reports of donkeys being shot.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog with a rare disease needs life-saving surgery.

10.00 Alaskan Bush People

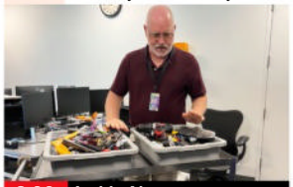
7.00 **Treehouse Masters** The crew build a luxury treetop bolthole for the winner of the Ultimate Treehouse Giveaway.
8.00 **Alaska: Surviving the Last Frontier** A blizzard, freezing rivers and low temperatures take their toll on the volunteers.
9.00 **Alaska: The Last Frontier** Atz Lee and Jane tackle a long-overdue task to secure their cabin for the winter.
10.00 **Alaskan Bush People** It's late autumn, and the Browns kickstart their ambitious cabin build.
11.00 **Pit Bulls & Parolees** A dog is abandoned in a playground in searing heat.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Alaska: Surviving the Last Frontier** As 8.00pm.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
11.00 **Mayday** Documentary.
12.00 NOON **Airport Security: Rome**
2.00 PM **Nazi Megastructures: Battle Ready** Double bill.
4.00 **Hurricane Katrina: Race Against Time** Documentary.
5.00 **Car S.O.S.** Tim and Fuzz take on a 1980 Ford Escort RS2000.
6.00 **World War II: The Apocalypse** Archive footage of D-Day in Normandy.



8.00 Inside Airport...

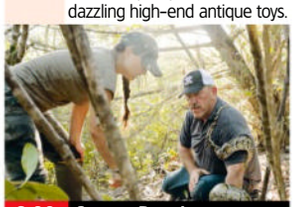
7.00 **Air Crash Investigation** The case of a plane that crashed during a top-secret mission with a UN Secretary on board.
8.00 **Inside Airport Lost & Found** New edition Airport workers reunite a traveller with a 40th anniversary gift.
9.00 **Car S.O.S** Tim Shaw and Fuzz Townshend restore Adam's Datsun 240k Skyline, a rare Japanese classic from the 1970s.
10.00 **Lawless Island** New edition Sam and Matt Carlson go on a hunting expedition, and Terry helps Troy and Sarah get closer to a working water system.
11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings** Documentary.
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **NEW SERIES Alone**
2.55 **Pawn Stars** War documents.
3.15 **Clash of Ancient Warriors**
5.00 **Seized at Sea** The hidden world of smuggling in major US ports and waterways.
6.00 **American Pickers** Mike and Jersey inspect some dazzling high-end antique toys.



8.00 Swamp People

7.00 **Forged in Fire** A visit to the remote New Agrarian School in the wilderness of Bigfork, Montana.
8.00 **Swamp People: Serpent Invasion** New edition Troy and Pickle struggle to take command of a friend's hunting dog.
9.00 **The UnBelievable with Dan Aykroyd** New edition The process of turning an unassuming dumpster into a luxurious abode.
10.00 **Alone** Ten participants must survive in the Great Karoo desert. Not long into the challenge, a survivalist is hit with a debilitating infection.
11.00 **Alone** Survivalist challenge.
12.00 M'T **Close Encounters Down Under** A plane's loss over treacherous Bass Strait.
12.55 AM **The Proof Is Out There**
1.50 **The UnBelievable with Dan Aykroyd** As 9.00pm.
2.50 **Seized at Sea** As 5.00pm.
3.40 **Pawn Stars** A rare playing card.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash** Double bill.
10.00 **Warbird Workshop** As 4pm.
11.00 **War Factories** As 5pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Warbird Workshop** A team of military veterans want to put the Sea King back in the air.
5.00 **War Factories** The role played by engineering giant Vickers during World War Two.
6.00 **Antiques Roadshow** From Chatham's Historic Dockyard.

7.00 The Lakes

7.00 **The Lakes with Simon Reeve** How the high number of visitors to Scafell Pike is stretching the rescue resources.
8.00 **Bangers & Cash** New edition Derek heads to a toy factory where some vintage motorbikes are stashed.
9.00 **Classic Car Kings** Irv helps a collector with a bunch of rusted panels and the dream of a showroom-quality vehicle.
10.00 **Bangers & Cash** In the 100th episode of the show, Derek heads to Northumberland to pick up a rare 1975 NSU RO 80.
11.00 **Bangers & Cash** Mathewsons sell a threshing machine
12.00 M'T **Abandoned Engineering** A site that defended the USA throughout the 20th century.
1.00 AM **The Lakes with Simon Reeve** As 7.00pm.
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Salvage Hunters: Georgian House Restoration**
9.00 **Salvage Hunters** New edition An 18th-century chest of drawers.
10.00 **Secret Life of the Auction House** New edition A flag flown during England's 1966 World Cup win.
11.00 **How Do They Do It?**
1.00 AM **Vintage Voltage**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: The Big Day**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
12.00 NOON **Love, Honor, Betray** Butch Halley.
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition
10.00 **Evil Lives Here: Shadows of Death**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** A case in which a loving couple were killed.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** Bombings and bank robberies linked to a white supremacist group.
8.00 **Donal MacIntyre's UK Killer Evidence** A body is found in a pub freezer.
9.00 **To Catch a Killer** A 21-year-old woman met an untimely end while jogging.
10.00 **It Takes a Killer** Police unravel a web of twisted lies, uncovering the truth about a murder. **10.30** The brutal murder of a woman in Montana sends police on the hunt for a killer.
11.00 **Real Detective**
1.00 AM **To Catch a Killer**
2.00 **It Takes a Killer**
3.00 **Donal MacIntyre's UK Killer Evidence**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives**
4.00 **Medical Detectives** Detectives question the dated forensic techniques used to secure an arrest. **4.30** Police try to link two cases of alleged murder after two women are found dead. **5.00** A nurse finds she is HIV positive with the help of forensic science. **5.30** A film plot gives investigators clues to the murder of a woman. **6.00** A rare clue helps police track down the killer of a teenage girl. **6.30** A man is found shot dead in his home and his wife is the suspect.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops: Law & Disorder** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murder Uncut**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murders That Shocked...**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Killer Within**
1.00 AM **Murders That Shocked the Nation**
2.00 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Wrecks That Changed the World**
9.15 **The Ghettos & The Holocaust**
10.30 **France: The Post War Recovery**
11.40 **Ancient Egypt: Life and Death in the Valley of the Kings**
1.00 PM **Wrecks That Changed the World**
2.00 **The Ghettos & The Holocaust**
3.15 **France: The Post War Recovery**
4.30 **Ancient Egypt: Life...**
5.45 **Wrecks That Changed the World**
6.45 **The Ghettos & The Holocaust**
8.00 **NEW SERIES France: The Post War Recovery**
9.15 **Ancient Egypt: Life...**
10.35 **The Ghettos & The Holocaust**
12.00 M'T **France: The Post War Recovery**
1.15 **to 2.00** AM **America the Bountiful**

THURSDAY

Thursday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Good Fight Club**
7.00 **Discovering: Michael Douglas**
8.00 **The Directors** Richard Linklater.
9.00 **Bad Host: Hunting the Couchsurfing Predator**
10.00 **The Lady and the Dale**
11.00 **The Man Who Played with Fire**
12.00 NOON **The Man Who Stole The Scream** Documentary.
2.00 PM **Dave Not Coming Back**
4.00 **Discovering: Michael Douglas**
5.00 **The Directors** Richard Linklater.
6.00 FILM **The Alpinist** Documentary about elusive climber Marc-André Leclerc. (2021, 12, 92min) ★★★★
7.50 **The Invisible Pilot**
9.00 FILM **The Beatles: Eight Days a Week – The Touring Years** Director Ron Howard's documentary charting the band's time on the road. (2016, 12, 113min) ★★★★
11.00 **David Frost Vs**
12.00 M'T **Paul Simon: In Restless Dreams** Double bill of editions.
4.10 AM **The Directors**
5.00 **to 6.00** AM **Discovering: Michael Douglas**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Vet Adventures**
7.00 **Monkey Life** As 7.00pm.
8.00 **Gangs of Baboon Falls**
9.00 **Islands** Exploring Borneo.
10.00 **Brazil Untamed**
11.00 **Chasing the Rains**
12.00 NOON **Predators**
1.00 PM **Monkey Life**
2.00 **Gangs of Baboon Falls**
3.00 **Islands** Exploring Borneo.
4.00 **Brazil Untamed**
5.00 **Uptown Otters**
6.00 **Predators** As 10.00pm.
7.00 **Monkey Life** The European Creche for Orphan Orangutans.
8.00 **Great Parks of Africa** The iSimangaliso Wetland Park.
9.00 **Arctic from Above** Exploring the wildlife of the region.
10.00 **Predators** A female puma teaches its cubs how to survive.
11.00 **Uptown Otters**
12.00 M'T **Chasing the Rains**
1.00 AM **Evolution Earth**
2.00 **Great Parks of Africa**
3.00 **Arctic from Above** As 9.00pm.
4.00 **Gangs of Baboon Falls**
5.00 **to 6.00** AM **Islands**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Ancient Aliens: The Ultimate Evidence** Documentary.
9.00 **Ancient Superstructures**
10.00 **Greatest Heists with Pierce Brosnan** Pierre Hotel.
11.00 **Ancient Aliens** Double bill.
1.00 PM **Ancient Aliens: The Ultimate Evidence**
2.00 **Ancient Superstructures**
3.00 **Lost Gold of the Aztecs**
4.00 **Secret Societies: In the Shadows** The Knights Templar.
5.00 **Cursed Treasures**
6.00 **Lost Relic Hunters**
7.00 **What on Earth?** An exploration of Ragnarok.
8.00 **History's Greatest Mysteries**
9.00 **Secrets of the Hells Angels** A Hells Angel proves his loyalty.
10.00 **Life After People** The destructive effects of water.
11.00 **Haunted Hospitals**
12.00 M'T **Ancient Aliens**
2.00 AM **Alien Files: Unsealed**
3.00 **Lost Gold of the Aztecs**
4.00 **Secret Societies: In the Shadows** As 4.00pm.
5.00 **to 6.00** AM **Cursed Treasures**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town** Documentary.
9.00 **Murdertown** Jane Hings.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Secrets of the Morgue**
1.00 PM **Murder by Medic**
2.00 **Rob Rinder's Interrogation Secrets** True-crime.
3.00 **Murdertown** Wendy Upton.
4.00 **Murder Detective**
5.00 **Robbie Coltrane's Critical Evidence** Andrew George.
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder by Medic**
9.00 **The First 48** New edition
10.00 **Interrogation Raw** New edition
11.00 **Fugitives Caught on Tape**
12.00 M'T **Murder by Medic**
1.00 AM **The First 48**
2.00 **Interrogation Raw**
3.00 **Secrets of the Morgue**
4.00 **Robbie Coltrane's Critical Evidence** Andrew George.
5.00 **to 6.00** AM **Sunshine Slayings**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Heartland Docs**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Kingdom of the Apes**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** An orphaned manatee is ready to be released into the wild.
8.00 **Natural Treasures** Swim with the planet's largest creatures.
9.00 The metamorphosis of Europe's most beautiful butterfly.
10.00 **Northwoods Survival** Emilie and Gilbert make great headway on their family cabin.
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Documentary.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest Animals**

Discovery History

174 147 181 320 325

7.00 AM **Storming Area 51**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Storming Area 51** Joe and Emmett Hayes investigate the pandemonium of Area 51.
9.00 **Secrets Underground**
10.00 **How Do They Do It?** How pizza is made for soldiers.
10.30 How to make modern violins that sound as good as the legendary Stradivarius.
11.00 **Incredible Engineering Blunders: Fixed**
12.00 M'T **The 1980s: The Deadliest Decade** Jennifer Levin.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering** Six editions of the documentary.
7.00 **Abandoned Engineering** A little-known dark past explains the vast monolithic structures that dominate the small island of Guernsey.
8.00 Projects include a maze of tunnels filled with haunting remains beneath the streets of Paris and a strange formation of domed structures hovering over the waters off Florida.
9.00 A village ruin that is now pitted, a ghostly fleet of ships, a bridge to nowhere hidden in a forest and strange metal structures in a wood.
10.00 An eerie, empty country village which hides a sad secret, and a disused railway deep beneath the streets of a city.
11.00 A dream-town that turned into a nuclear nightmare.
12.00 M'T **Abandoned Engineering**
5.20 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 141 166

8.00 AM **Never Say Goodbye**
9.00 **American Monster**
11.00 **Caught in the Net**
1.00 PM **Murder Under the Friday Night Lights** Double bill.
3.00 **Homicide City: Charlotte**
5.00 **Love, Honor, Betray**
7.00 **I Am Homicide** A case in which a waitress was gunned down in a carjacking gone wrong.
8.00 A marriage ends with the husband reportedly killing his wife in self-defence.
9.00 **How (Not) to Get Rid of a Body** Las Vegas detectives solve the murder of a young woman after her body turns up in a concrete and wooden box in the middle of the desert.
10.00 **Road Rage** A disgruntled driver shoots at another motorist.
10.30 A driver gets into an intense exchange with construction workers.
11.00 **Exposed: Naked Crimes**
12.00 M'T **Hostage 911**
2.00 AM **Love, Honor, Betray**
4.00 **to 6.00** AM **I Am Homicide**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal** A Polaris Ranger.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Vintage Voltage**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** A custom hot rod.
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop** NFL linebacker Matt Judon wants to make over his father's Eldorado.
9.00 **Richard Hammond's Workshop** Richard eyes a Bentley driven with synthetic fuel at Goodwood.
10.00 **Texas Metal** A Bugatti Type 57.
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Vintage Voltage**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.05 AM **Sew Torn** As 5.30am.
7.50 PREMIERE **September 5**
9.30 **The Thicket** As 11.35pm.
11.30 **Long Gone Heroes** (2024)
1.15 PM **Wicked** Musical fantasy adventure with Cynthia Erivo. (2024, PG, 160min) ★★★★
4.00 **Kraven the Hunter** Fantasy starring Aaron Taylor-Johnson. (2024, 15, 127min) ★★★
6.10 **Rumours** Comedy horror starring Cate Blanchett. (2024, 15, 104min) ★★★

9.50 September 5

8.00 Long Gone Heroes Action thriller starring Eden Brolin and Andy Garcia. A special forces operative attempts to rescue his kidnapped niece when a mercenary mission spirals into chaos. (2024, 15, 101 min)

9.50 PREMIERE September 5 Thriller starring Peter Sarsgaard. A US sports broadcasting team adapt to live coverage of the Israeli athletes being held hostage. (2024, 15, 95min) ★★★★
See review, page 22.
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Thicket** Drama with Peter Dinklage. (2024, 15, 108min)
1.25 AM **The Room Next Door** Drama starring Tilda Swinton. (2024, 12, 102min) ★★★★
3.25 **Sacramento** Comedy drama. (2024, 15, 89min) ★★★
5.00 **Sky Cinema Preview**
5.30 **to 6.00** AM **Sew Torn** Thriller. (2024, 15, 100min) ★★★★

Sky Cinema Hits

303 303 403 503 517

6.30 AM **Star Trek III: The Search for Spock** (1984, PG) ★★
8.20 **Star Trek IV: The Voyage Home** As shown at 5.35am.
10.20 **The Truman Show** (1997)
12.05 PM **The Karate Kid** Drama. (2010, PG, 140min) ★★★
2.30 **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
4.25 **Dirty Harry** Crime thriller. (1971, 15, 103min) ★★★★★
6.10 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★

9.45 This Is 40

8.00 The Truman Show Comedy starring Jim Carrey as the unwitting star of the world's longest running documentary soap opera. With Laura Linney, Ed Harris and Natascha McElhone. (1997, PG, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 This Is 40 Comedy with Leslie Mann. An LA couple go through a series of crises as they approach their 40th birthdays. (2012, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
1.55 AM **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111 min) ★
3.50 **Friday the 13th Part II** Horror sequel. (1981, 18, 87min) ★★
5.20 **The Cinema List: Swords and Sandals**
5.35 **to 7.35** AM **Star Trek IV: The Voyage Home** Fantasy sequel. (1986, PG, 119min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.15 AM **Speak Like a Child** (1998)
7.50 **El Dorado** As 11.55pm.
10.10 **Ordinary Angels** As 9.50pm.
12.20 PM **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
2.20 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
4.25 **Footloose** Teen musical. (1984, 12, 107min) ★★★
6.25 **Speak Like a Child** Dark drama. (1998, 18, 80min) ★★

8.00 Lost in Translation Romantic comedy drama starring Bill Murray and Scarlett Johansson. A jaded Hollywood actor and a young woman strike up a tender friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★
9.50 Ordinary Angels Drama with Hilary Swank and Alan Ritchson. A struggling hairdresser discovers a new sense of purpose when she meets a widower working to provide for his daughters. (2024, 12, 113min) ★★★★

11.55 **El Dorado** Howard Hawks Western starring John Wayne. (1966, PG, 126min) ★★★★
2.10 AM **The Man Who Shot Liberty Valance** Western. (1962, b/w, U, 122min) ★★★★★
4.25 **to 6.25** AM **Footloose** Musical remake. (2011, 12, 113min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.55 AM **Evolution** Sci-fi comedy. (2001, PG, 101 min) ★★★★
9.50 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★
12.00 NOON **Men in Black** Comedy. (1997, PG, 94min) ★★★★
1.50 PM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
4.00 **The Birds** Hitchcock horror. (1963, 15, 118min) ★★★★★

6.15 Men in Black II Sci-fi comedy sequel with Tommy Lee Jones. (2002, PG, 88min) ★★★
8.00 Gravity Space thriller starring Sandra Bullock and George Clooney. A novice astronaut becomes stranded in space during her first NASA mission. (2013, 12, 91 min) ★★★★★
9.40 A.I. Artificial Intelligence Sci-fi fantasy starring Haley Joel Osment as a robot child who goes on a quest to become a real boy. (2001, 12, 145min) ★★★★

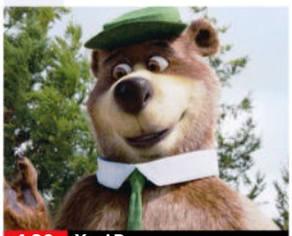
12.20 AM **The Core** Sci-fi action thriller starring Aaron Eckhart. (2002, 12, 135min) ★★★
2.45 **The Ritual** Horror starring Rafe Spall. (2017, 15, 94min) ★★★
4.30 **to 6.10** AM **The Damned** Horror starring Odessa Young. (2024, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.30 AM **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
8.00 **Bookworm** (2024, 12) ★★★★
9.50 **Jackie Chan's The Tuxedo** Comedy. (2002, 12) ★★
11.35 **Spy Kids** (2001, U) ★★★★
1.10 PM **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
2.55 **Spy Kids 3: Game Over** Sci-fi comedy. (2003, U) ★★★
4.30 **Yogi Bear** (2010, U) ★★★
6.00 **Ghostbusters: Frozen Empire** Comedy. (2023, 12) ★★★



4.30 Yogi Bear

8.00 **The Witches** Adventure based on Roald Dahl's story about a coven of witches plotting to turn the children of England into mice, starring Anjelica Huston and Mai Zetterling. (1989, PG, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Wizard of Oz** Fantasy starring Judy Garland as the young Kansas girl who is swept to the magical land of Oz. (1939, U, 98min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Jack the Giant Slayer** Fantasy starring Nicholas Hoult. (2013, 12, 114min) ★★★
1.35 AM **Snow White and the Huntsman** Fantasy adventure starring Chris Hemsworth. (2012, 12, 127min) ★★★
3.45 **The Secret Garden** Family drama starring Colin Firth. (2020, PG, 99min) ★★★★
5.30 **to 7.05** AM **Big Fat Liar** Teen comedy with Frankie Muniz. (2002, PG, 88min) ★★★

Sky Cinema Action

307 307 407 507 521

6.25 AM **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
8.00 **Project A** (1985, 12) ★★★
9.50 **Young Guns II: Blaze of Glory** (1990, 15) ★★★
11.35 **Twisters** Disaster sequel. (2024, 12, 122min) ★★★★
1.45 PM **300** (2006, 15) ★★★★
3.45 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
6.00 **Jack Reacher: Never Go Back** Action thriller sequel. (2016, 12, 118min) ★★★

3.45 Jack Reacher

8.00 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

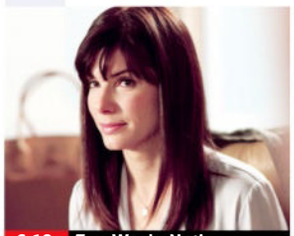
10.30 **Kick-Ass 2** Comic-book thriller sequel starring Aaron Taylor-Johnson. Costumed crime-fighters Kick-Ass and Hit Girl come under threat from a dead mobster's son. (2013, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Battle Royale** Japanese satirical thriller. Subtitled. (2000, 18, 113min) ★★★★
2.15 **The Canton Godfather** Period action comedy. (1989, PG, 122min) ★★★
4.25 **to 6.35** AM **Gods of Egypt** Fantasy adventure. (2016, 12, 127min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **About Last Night** (2014)
8.45 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
10.25 **Yesterday** Music comedy. (2019, 12, 116min) ★★★
12.30 PM **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
2.35 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
4.20 **About Last Night** Comedy. (2014, 15, 98min) ★★
6.10 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★



6.10 Two Weeks Notice

8.00 **Superbad** Raunchy teen comedy starring Jonah Hill and Michael Cera. Two high school friends embark on a quest to buy booze and lose their virginity. With Christopher Mintz-Plasse. (2007, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Holdovers** Comedy starring Paul Giamatti. A cranky history teacher at a remote prep school is forced to remain on campus over the holidays with a student. (2023, 15, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Roxanne** Romantic comedy starring Steve Martin. (1987, PG, 102min) ★★★★
2.20 **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★
4.15 **to 6.10** AM **Galaxy Quest** Sci-fi comedy with Tim Allen. (1999, PG, 102min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.10 AM **Cinema List: Antiheroes**
6.25 **Marlowe** Crime thriller. (2022, 15, 110min) ★★
8.25 **Vertigo** Hitchcock thriller. (1958, PG, 128min) ★★★★★
10.45 **Trap** Thriller with Josh Hartnett. (2024, 15, 105min) ★★★★
12.45 PM **Ocean's Twelve** Thriller sequel. (2004, 12) ★★★★
3.05 **The Accountant** Thriller. (2016, 15, 123min) ★★★
5.25 **Clear and Present Danger** Thriller. (1994, 12) ★★★

5.25 Clear and Present Danger

8.00 **The Sum of All Fears** Action thriller starring Ben Affleck. Neo-Nazi terrorists aim to provoke war between America and Russia by setting off a nuclear bomb on US soil, and only a CIA analyst can save the day. (2002, 12, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

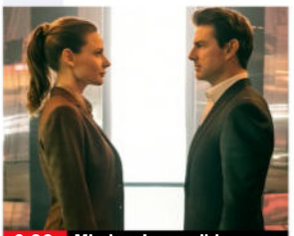
10.05 **Psycho** Alfred Hitchcock's horror chiller starring Anthony Perkins and Janet Leigh. (1960, b/w, 15, 109min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Island** Sci-fi action thriller starring Ewan McGregor. (2005, 12, 136min) ★★★
2.15 AM **Ocean's Thirteen** Thriller sequel with George Clooney. (2007, PG, 122min) ★★★
4.20 **The Last Stop in Yuma County** Crime thriller. (2023, 15, 90min) ★★★★
5.55 **to 7.40** AM **Along Came a Spider** Psychological thriller. (2001, 15, 103min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Dunston Checks In** Comedy with Jason Alexander. (1995, PG, 88min) ★★★
12.45 PM **Dora and the Lost City of Gold** Family adventure. (2019, PG, 102min) ★★★
2.50 **The Iron Petticoat** Comedy. (1956, U, 96min) ★★★
4.45 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
7.10 **Stormbreaker** Spy adventure. (2006, PG, 93min) ★★★



9.00 Mission: Impossible

Stormbreaker (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Mission: Impossible – Fallout** Action thriller sequel starring Tom Cruise and Henry Cavill. Ethan Hunt, the IMF team and a CIA assassin try to prevent a disaster caused by a group of terrorists. (2018, 12, 147min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 PM **to 3.40** AM **Apocalypse Now: Final Cut** Vietnam War drama starring Martin Sheen and Marlon Brando. An army captain is sent to Cambodia on a top-secret mission to assassinate a renegade colonel who is worshipped by his followers as a god. With Robert Duvall and Frederic Forrest. (1979, 15, 181min) ★★★★★

8 PM
9 PM
10 PM
11 PM

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

6.00 AM **Baywatch** Action comedy. (2017, 15, 121min) ★★
8.05 **Wayne's World** As 12.05am.
9.45 **Wayne's World 2** As 1.55am.
11.40 **Beetlejuice Beetlejuice** Comedy sequel starring Michael Keaton. (2024, 12, 105min) ★★★★
1.40 PM **Joker: Folie à Deux** Musical sequel. (2024, 15) ★★★★
4.00 **Venom: The Last Dance** Fantasy sequel. (2024, 15, 110min) ★★★

6.00 **Kong: Skull Island** Adventure. (2017, 12, 118min) ★★★★
8.00 **Godzilla** Thriller remake with Aaron Taylor-Johnson. A giant monster may be the only hope of stopping a race of creatures on a deadly global rampage. (2014, 12, 118min) ★★★
10.05 **Godzilla x Kong: The New Empire** Fantasy sequel starring Rebecca Hall. Two ancient monsters clash in an epic battle against an undiscovered threat. (2023, 12, 115min) ★★★

12.05 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
1.55 **Wayne's World 2** Comedy sequel. (1993, PG, 95min) ★★★
3.50 **Bowfinger** Comedy drama. (1999, 12, 97min) ★★★★
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

7.00 AM **Nobody's Fool** Comedy. (1994, 15, 111min) ★★★★
8.55 **Sunset Boulevard** Drama. (1950, b/w, PG, 110min) ★★★★★
10.55 **The Great Gatsby** Drama. (1974, 12, 146min) ★★★
1.25 PM **Congo** Jungle adventure. (1995, 12, 108min) ★★★
3.15 **The Firm** John Grisham legal thriller starring Tom Cruise. (1993, 15, 155min) ★★★

5.50 **True Grit** Western starring John Wayne and Glen Campbell. (1969, PG, 128min) ★★★★★
8.00 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
10.25 **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Téa Leoni. (1995, 15, 118min) ★★★

12.30 AM **Oh! What a Lovely War** Satirical anti-war musical starring Ralph Richardson. (1969, PG, 144min) ★★★★
2.55 **The Firm** As shown at 3.15pm.
5.40 **to 7.40** AM **Rear Window** Hitchcock suspense thriller. (1954, PG, 112min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

7.05 AM **Batman Unlimited: Mechs vs Mutants** As 1.20am.
8.25 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
10.00 **Turbo** Animated adventure. (2013, U, 92min) ★★★★
11.40 **Open Season 3** Animated sequel. (2010, U, 74min) ★★
1.00 PM **The Emoji Movie** Animated adventure. (2017, U, 83min) ★

2.30 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
4.00 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
5.30 **Migration** Animated comedy. (2023, U, 83min) ★★★
7.00 **Bon Voyage, Charlie Brown** Animated family adventure. (1980, U, 70min) ★★
8.30 **Transformers One** Animation. (2024, PG, 104min) ★★★★
10.20 **Under the Boardwalk** Animation. (2023, PG) ★★★

11.55 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
1.20 AM **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
2.45 **Noah's Ark** (2024, U) ★★★
4.25 **to 6.25** AM **Deep Sea** Animation. (2023, PG, 112min) ★★★

Movies 24

312 313 419

7.00 AM **Wish Upon a Wedding** Drama. (2023, PG, 85min) ★★
9.00 **Love Hacks** Romantic drama. (2022, PG, 90min) ★★
11.00 **The Real West** Romantic comedy. (2024, PG, 84min) ★★
1.00 PM **An Unexpected Valentine** Comedy. (2025, PG, 84min) ★★
3.00 **Romantic Rewrite** Romantic comedy starring Kristina Cole. (2022, PG, 82min) ★★

5.00 **Autumn at Apple Hill** Romantic comedy starring Erin Cahill. (2024, PG, 84min) ★★
7.00 **The Story of Love** Romantic comedy with Brittany Bristow. A romance novelist joins a writers' retreat, where the owner of the hotel shows her the beauty of nature. (2022, PG, 91min) ★★
9.00 **For the Love of Lily** Drama with Ashton Leigh. A consultant joins forces with a rooftop florist to add natural beauty to her office. (2024, PG, 90min) ★★

11.00 **Love in the Limelight** Romantic comedy. (2022, PG, 84min) ★★
1.00 AM **Unthinkably Good Things** Drama. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **A Priceless Love** Drama. (2022, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Sherlock Holmes** (S1)
6.35 **Dusty Ermine** Crime thriller. (1936, b/w, U, 74min) ★★★
8.20 **San Ferry Ann** Comedy. (1965, b/w, U, 55min) ★★
9.25 **Break in the Circle** Thriller. (1955, U, 92min) ★★★
11.15 **Captain Kidd** Adventure. (1945, b/w, PG, 105min) ★★
1.00 PM **The Spider and the Fly** Thriller. (1949, b/w, PG) ★★★

3.00 **Crown Court** 88-90/151. (S2)
4.30 **First Comes Courage** Wartime spy drama with Merle Oberon. (1943, b/w, PG, 88min) ★★
6.15 **The Danziger Studios Story**
7.20 **Look at Life** Documentary.
7.30 **The Cheaters** 10/12. (S1)
8.00 **The Brothers** 8/16. (S7)
9.05 **Accident** Drama starring Dirk Bogarde and Jacqueline Sassard. (1967, PG, 105min) ★★
11.10 **Radio Days** Woody Allen comedy starring Mia Farrow. (1987, PG, 87min) ★★★★

12.55 AM **The System** Comedy drama starring Oliver Reed. (1964, b/w, 15, 90min) ★★★
2.45 **White Cargo** Comedy adventure. (1973, 15, 75min) ★★
4.15 **Mrs Pym of Scotland Yard** Mystery. (1940, b/w, PG) ★★
5.30 **to 6.00** AM **Tell Me Another**

THURSDAY Sport 7 August

Thursday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Transfer Talk**
12.30 PM **LIVE DP World Tour Golf** Coverage of the opening day of the Nexo Championship staged at Trump International Golf Links.
2.45 **LIVE The Hundred Northern Superchargers Women v Welsh Fire Women.** Coverage from Headingley. Start-time **3.00pm**.
6.00 **LIVE The Hundred Northern Superchargers Men v Welsh Fire Men.** Coverage from Headingley. Start-time **6.30pm**.
7.45 **LIVE EFL Port Vale v Cardiff City.** Coverage of the League One match from Vale Park. Kick-off is at **8.00pm**.
10.00 **LIVE PGA Tour Golf** Day one of the FedEx St Jude Championship.
11.00 **LIVE WTA Tennis** Coverage of the WTA Canadian Open final.
1.00 AM **LIVE ATP Tennis** Coverage of the ATP Canadian Open final.
2.30 **LIVE WTA & ATP Tennis** Day one of the Cincinnati Open.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Gary Neville's Soccerbox**
11.00 **Premier League Best Goals**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years**
3.00 **PL Retro** Bournemouth v Liverpool from 2016/17.
5.00 **Premier League Best Goals**
6.00 **Premier League 100: Darren Bent** The striker looks back at his time in the top flight.
6.30 **Premier League Stories**
7.00 **The Transfer Show**
8.00 **Gary Neville's Soccerbox**
9.00 **Premier League Stories**
9.30 **PL Greatest Games**
10.00 **Premier League Icons**
10.30 **Sticker Book** With Manchester City's Kevin De Bruyne.
10.45 **My Origin Story: Moises Caicedo** The Chelsea midfielder talks about his life and career.
11.00 **Premier League Years**
1.00 AM **PL Retro** A replay of Wigan Athletic v Arsenal from 2010.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** The 2015/16 play-offs.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
12.00 NOON **EFL Highlights**
1.00 PM **EFL** Archive action.
2.00 **EFL Highlights**
3.00 **EFL Trophy Football**
3.30 **Best Goals: EFL Cup 23/24**
4.00 **EFL Cup Highlights**
5.00 **Championship Season Review**
6.30 **EFL League One Goals**
7.00 **EFL League Two Goals** Round-up from the first round of fixtures.
7.30 **LIVE EFL Port Vale v Cardiff City.** Coverage of the League One match from Vale Park. These two sides haven't met in nearly 11 years, with the last meeting coming back in August 2014, when the visitors came away from this ground with a 3-2 win in the League Cup. Cardiff have also won the last six fixtures between the two teams, a run stretching back to October 2001. Kick-off **8.00pm**.
10.30 **Championship Season Review**
12.00 M'T **There's Only One Sauzee**
12.30 AM **Best SPFL Goals 2023/24**
1.00 **SPFL: Old Firm Derby Goals**
1.30 **to 6.00** AM **SPFL Highlights**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.00 **The Hundred** A match replay.
1.30 PM **The Hundred Bitesize**
2.45 **LIVE The Hundred Northern Superchargers Women v Welsh Fire Women.** Coverage of the match from Headingley. Both sides met last year but the game was called off due to rain. The hosts finished just outside the knockout places, while the visitors made it to the final before losing to the London Spirit. Start-time **3.00pm**.
6.00 **LIVE The Hundred Northern Superchargers Men v Welsh Fire Men.** Coverage of the match from Headingley. The meeting between these two teams last year ended in a no result. The game was reduced to 25 balls per side with the hosts making 26-5 in their innings before the match was called off just two balls into the Fire's innings. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.15 **The Hundred** A match replay.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** A match replay.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **Countdown to the Ryder Cup**
7.30 **Ryder Cup Memories**
8.00 **HotelPlanner Tour Golf**
8.30 **Legends Tour Golf**
9.30 **Women's Golf** Women's Open.
10.30 **PGA Tour: The Cut**
11.00 **HotelPlanner Tour Golf**
11.30 **PGA Tour Golf** An event review.
12.30 PM **LIVE DP World Tour Golf** Coverage of the first day of the Nexo Championship staged at Trump International Golf Links.
5.30 **Countdown to the Ryder Cup**
6.00 **LIVE PGA Tour Golf** Coverage of the early stages of day one of the FedEx St Jude Championship.
7.00 **LIVE PGA Tour Golf** Further coverage from day one of the FedEx St Jude Championship.
11.00 **Women's Golf** Women's Open.
12.00 M'T **Ryder Cup Memories**
1.00 AM **Ladies European Tour Golf**
2.00 **Golf Academy** With Nick Faldo.
3.00 **PGA Tour Golf** Archive action.
4.00 **Ryder Cup Memories**
5.00 **to 6.00** AM **Playing Lessons**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **ATP Tour This Week**
6.30 **WTA Tennis** Cincinnati Open.
7.00 **ATP Tennis** An event review.
8.00 **WTA & ATP Tennis**
2.00 PM **WTA & ATP Tennis**
4.00 **LIVE WTA & ATP Tennis** Coverage from day one of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio.
11.00 **LIVE WTA Tennis** Coverage of the WTA Canadian Open final.
1.00 AM **LIVE ATP Tennis** Coverage of the ATP Canadian Open final.
2.30 **LIVE WTA & ATP Tennis** Further coverage of the opening day of the Cincinnati Open.
4.00 **WTA & ATP Tennis**
4.30 **Sizzle Reel 2024**
5.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Race Bikes** Mountain Biking.
6.30 **British Speedway**
7.30 **FIM Speedway Grand Prix Highlights** From Riga, Latvia.
8.30 **Men's Cycling Pro Series**
9.30 **Men's Cycling** Tour of Poland.
10.30 **LIVE Cycling** Coverage from the fourth stage of the men's Tour of Poland, a route of 200km from Rybnik to Cieszyn.
4.15 PM **LIVE Men's Cycling Pro Series** Coverage of the second stage of the Tour of l'Ain, a route of 153km from Saint-Vulbas to Lélex-Monts Jura.
5.30 **TNT Sports Reload**
6.00 **British Open Polo Championship** Highlights.
7.00 **Premier League Stories**
7.30 **AFL** Hawks v Magpies.
9.00 **LIVE MLB Seattle Mariners v Chicago White Sox.** Coverage of the American League match at T-Mobile Park. Start-time **9.10pm**.
12.15 AM **MLB: Off the Bat**
12.45 **MLB Plays of the Week**
1.15 **TNT Sports Reload**
1.30 **Men's Cycling** Tour of Poland.
2.30 **AFL** Hawks v Magpies.
4.00 **to 6.00** AM **Men's Cycling Pro Series**

TNT Sports 2

411 414 522 409 431

6.00 AM **The Football's On**
7.00 **EWC All Access** From Suzuka.
8.00 **Porsche Supercup**
9.00 **WRC Review** Rally Finland.
10.00 **Kenny Allstar's Number 1's**
10.15 **LIVE AFL Hawthorn Hawks v Collingwood Magpies.** Coverage of the match from the Melbourne Cricket Ground. Bounce-up **10.30am**.
1.30 PM **WNBA** Action from Las Vegas Aces v Minnesota Lynx. **2.30** Highlights from Seattle Storm v Indiana Fever.
3.30 **MLB Highlights** Action from Major League Baseball.
4.30 **MLB Plays of the Week**
5.00 **LIVE MLB Washington Nationals v Athletics.** Coverage of the inter-league match from Nationals Park. Start-time **5.05pm**.
8.15 **MLB: Off the Bat**
8.45 **The Gruppetto** Cycling action.
9.00 **Premier League Stories**
9.30 **Premier League Review**
10.30 **Meatball Molly** Molly McCann.
11.45 **UFC** Amir Albazi v Tatsuro Taira.
2.45 AM **UFC Reloaded**
5.15 **Kenny Allstar's Number 1's**
5.30 **to 6.00** AM **Formula E Unplugged**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
8.00 **Rugby League Retro** Wigan Warriors v St Helens from 2011.
10.00 **Rugby Greatest Games** New Zealand v Australia from 2017.
10.05 **State of Origin Rugby League Highlights** Recent action.
10.35 **State of Origin Rugby League**
10.50 **LIVE NRL Melbourne Storm v Brisbane Broncos.** Coverage of the match from the 23rd round of fixtures staged at AAMI Park in Melbourne. Kick-off **10.50am**.
12.50 PM **My Icon** Leon Pryce.
1.00 **British and Irish Lions Tour**
2.00 **Rugby League Retro**
4.00 **Super League Highlights**
5.00 **British and Irish Lions Tour**
7.00 **Super League Highlights**
7.30 **LIVE Super League Leigh Leopards v Leeds Rhinos.** Coverage of the match from the 21st round of fixtures at Leigh Sports Village. Kick-off **8.00pm**.
10.15 **Super League Highlights**
10.45 **British and Irish Lions Tour**
11.45 **Super League Highlights**
12.15 AM **Super League**
3.00 **British and Irish Lions Tour**
5.00 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Transfer Talk**
1.00 PM **LIVE PGA Tour Golf** Coverage of the early stages of day one of the FedEx St Jude Championship at TPC Southwind in Memphis, Tennessee.
7.00 **LIVE PGA Tour Golf** Further coverage from day one of the FedEx St Jude Championship at TPC Southwind in Memphis.
7.30 **LIVE Super League Leigh Leopards v Leeds Rhinos.** Coverage of the match from the 21st round of fixtures at Leigh Sports Village. Kick-off **8.00pm**.
10.15 **LIVE WTA & ATP Tennis** Coverage from day one of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
12.30 AM **LIVE ATP Tennis** Coverage of the ATP Canadian Open final.
2.30 **LIVE WTA & ATP Tennis** Continued coverage of the first day of the Cincinnati Open.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf**
8.00 **PGA Tour Golf**
9.00 **Formula 1** Hungarian Grand Prix.
10.00 **The Hundred Bitesize**
10.30 **Formula 1** Australian Grand Prix.
12.30 PM **The Hundred Bitesize**
1.00 **PGA Tour: The Cut**
1.30 **HotelPlanner Tour Golf**
2.00 **PL Greatest Games**
3.00 **WTA Tennis** Cincinnati Open.
3.30 **ATP Tennis** A review of the 2024 ATP Cincinnati Open.
4.30 **The Hundred Bitesize**
5.00 **PL Retro** A replay of Blackburn Rovers v Burnley from 2009.
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf**
8.00 **PGA Tour Golf** An event review.
9.00 **The Hundred Bitesize**
10.00 **Formula 1** Australian Grand Prix.
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics** Archive action.
3.00 **EFL Greatest Games**
4.00 **Ryder Cup Memories**
5.00 **to 6.00** AM **Playing Lessons**

TNT Sports 3

413 415 523 410 432

6.00 AM **Discovery Golf**
6.30 **Serie A** Recent highlights.
8.30 **Shanghai Masters Snooker**
9.30 **Ultimate Pool** Pairs Cup.
11.00 **NWSL** Recent action.
1.00 PM **MLB Highlights**
2.00 **MLB Plays of the Week**
2.30 **Fishing: On the Bank**
3.30 **LIVE Men's Cycling Pro Series** Coverage from the second stage of the Tour of l'Ain, a route of 153km from Saint-Vulbas to Lélex-Monts Jura.
5.30 **International T20 Cricket Highlights** West Indies v Pakistan.
8.30 **Discovery Golf**
9.00 **Men's Cycling** Tour of Poland.
10.00 **Men's Cycling Pro Series**
12.00 M'T **Test Cricket Highlights**
1.00 AM **FIM Speedway Grand Prix Highlights** From Riga, Latvia.
2.00 **British Speedway**
3.00 **WRC Review** Rally Finland.
4.00 **Test Cricket Highlights**
5.00 **to 6.00** AM **Serie A**

TNT Sports 4

414 416 524 411 434

6.00 AM **TNT Sports Reload**
6.30 **Test Cricket Highlights**
8.30 **LIVE Test Cricket Zimbabwe v New Zealand.** Day one of the second Test at Queens Sports Club.
5.00 PM **TNT Sports Cricket Reload**
5.15 **Playing for Our Future: Cycling**
5.30 **UEFA Champions League** Atletico Madrid v Bayer Leverkusen. **6.00** Real Madrid v RB Salzburg. **6.30** Feyenoord v Bayern Munich. **7.00** Arsenal v Dinamo Zagreb. **7.30** PSV Eindhoven v Liverpool. **8.00** Highlights from Manchester City v Club Brugge. **8.30** Lille v Feyenoord. **9.00** Inter Milan v Monaco. **9.30** Girona v Arsenal.
10.00 **UEFA Champions League – Classics** The top ten finals.
12.00 M'T **Shanghai Masters Snooker**
1.00 AM **Ultimate Pool** Pairs Cup.
2.30 **Fishing: On the Bank**
3.30 **to 6.00** AM **UEFA Champions League**

Premier Sports 1

419 551

6.00 AM **FIM Sidecarcross**
7.00 **World Surf League**
8.00 **Transworld Sport** Magazine.
9.00 **Football's Greatest**
10.00 **NASCAR Highlights**
11.00 **LaLiga** Real Madrid v Barcelona.
1.00 PM **FIM Sidecarcross**
2.00 **World Surf League**
3.00 **British Minibikes**
4.00 **World of FreeSports**
4.30 **LaLiga Specials**
5.30 **NASCAR Highlights**
6.30 **Transworld Sport** Magazine.
7.30 **LaLiga Specials**
8.30 **LaLiga** Barcelona v Rayo Vallecano.
10.30 **LaLiga Specials** A look at the best of the 2023/24 season.
11.00 **World Surf League**
12.00 M'T **Transworld Sport**
1.00 AM **Ultimate Karting Championship** In Three Sisters.
2.00 **NASCAR Highlights**
3.00 **LaLiga Specials**
4.00 **Motorsport** Drew Gibson.
5.00 **to 6.00** AM **LaLiga Specials**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **Pre-Season Football** A chance to see Bayer Leverkusen v Pisa. **10.00** Real Betis v FC Como.
12.00 NOON **Bike World** Magazine.
12.30 PM **Swedish Speedway** Action from an Elitserien meeting.
2.30 **FastZone** Motorsports highlights show covering everything from prototypes to endurance racing.
3.00 **LaLiga Specials** How promoted teams fared in the 24/25 season.
4.00 **Temples of Sport**
4.30 **Top 14 Rugby Union** Toulouse v Bordeaux Bègles in the final.
7.00 **Bike World** Action from the high octane world of two wheels.
7.30 **United Rugby Championship** A chance to see action from Leinster v Bulls in the Grand Final.
9.30 **Swedish Speedway** Action from a high-profile Elitserien meeting.
11.30 **NHL Ice Hockey** Edmonton Oilers v Florida Panthers.
2.30 **to 6.00** AM **NHL Ice Hockey**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** From Australia.
12.00 NOON **Formula 1** Highlights.
2.00 PM **Ted's Notebook**
2.30 **Formula 1** Australian Grand Prix.
7.40 **Ted's Notebook**
8.10 **Nico Rosberg on Teammates**
8.20 **George Russell IV**
8.30 **Formula 1** Australian Grand Prix.
12.30 AM **Lewis Hamilton: Why Heritage Matters**
1.00 **to 6.00** AM **The Home of F1**

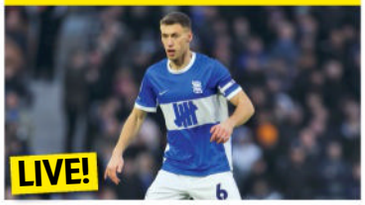
SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

8 August

Evening Planner

Football



Championship

Sky Sports Main Event &
Sky Sports Football, kick-off 8pm

The English second-tier season begins with Ipswich Town v Birmingham City.

Crime Drama

Inspector Gerri

More4, 9pm

An Italian eight-parter starring Giulio Beranek as a flawed detective in Puglia who is haunted by his troubled childhood.

Crime Drama

Whitstable Pearl

U&Drama, 9pm

The sleuth is busy enjoying a weekend away with Tom – until an infamous food critic drops dead in her restaurant.

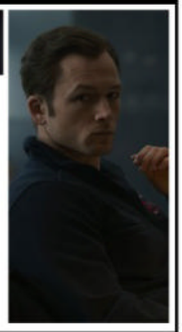
OnDemand

tv+

Smoke

Available today

The Milk Jug arsonist has been caught but can investigator Dave Gudsen (Taron Egerton) help prove the case?



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Our Lives: High...	8.00 Would I Lie to...	8.30 MasterChef	9.00 Here We Go	9.30 Mrs Brown's...	10.00 News; Local News	10.40 St Denis...
	102 BBC2	7.00 Villages by the...	7.30 Beechgrove...	8.00 Gardeners' World		9.00 The Gone		10.00 Rev	10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Under the Bridge			10.35 News
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It...		9.00 8 Out of 10 Cats Does Countdown		10.00 First Dates	
	105 5	‹ 6.30 Football – Live: Chelsea v Bayer Leverkusen (Kick-off 7.00)					9.30 Billy Connolly: In His Own Words		
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 An Idiot Abroad		9.00 And Just Like That...	9.40 Mr Bigstuff		10.40 Ricky...
ENTERTAINMENT	115 BBC3		7.20 Film: Back to the Future Part II			9.00 Destination X			
	116 BBC4	7.00 All New Top of the Pops		8.00 Dvorak's New World Symphony at the Proms			9.45 All New Top of the Pops		
	118 ITV2	7.00 Deal or No Deal		8.00 Abbey Clancy: Celebrity Homes		9.00 Film: Save the Last Dance			
	136 MORE4	‹ 6.55 Grand Designs	7.55 The Dog House			9.00 Inspector Gerri		10.05 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 Below Deck Sailing Yacht		9.00 Celebrity Gogglebox for SU2C		10.00 Film: Hustlers	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Chicago Med		9.00 Chicago Fire		10.00 Chicago PD	
	108 SKY ATLANTIC	‹ 6.45 Six Feet Under	7.50 House of the Dragon			9.00 The Pacific		10.10 The Wire	
	110 U&GOLD	‹ 6.40 Gavin & Stacey		8.00 Red Dwarf			9.15 Gavin & Stacey		10.35 Not Going...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More 2023 for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	7.00 World Series of Darts: Australian Masters							
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Whose Line Is It Anyway? USA	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Leftovers		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 An Idiot Abroad		9.00 Rob Beckett's Smart TV	9.55 Mr Bigstuff		
	109 U&ALIBI	7.00 Miss Scarlet and the Duke		8.00 Death in Paradise		9.00 Father Brown		10.00 The Boy That Never Was	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Opry Live		10.00 Greatest Guitar Riffs	
	132 U&W	7.00 MasterChef Australia		8.10 Inside the Ambulance		9.10 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Deadliest Catch				9.00 Expedition Bigfoot		10.00 How the Universe Works	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dodo Heroes		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Endurance				10.00 Inside Airport Lost & Found	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Irish Pickers		9.00 Queens of Ancient Egypt		10.00 Ancient Aliens Special Presentation	
	155 U&YESTERDAY	7.00 The Lakes with Simon Reeve		8.00 'Allo 'Allo!				10.00 Bangers & Cash	
	121 SKY DOCS	‹ 6.00 Billy Joel: And So It Goes				9.00 Dublin Narcos			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.05 Juror #2		8.00 Sonic the Hedgehog 3				10.00 Kraven the Hunter	
	302 FAVOURITES	‹ 5.55 Raiders of the Lost Ark		8.00 Indiana Jones and the Temple of Doom				10.10 Indiana Jones and the Last...	
	303 HITS	‹ 6.15 Bowfinger		8.00 The Equalizer 2				10.00 Man of Steel	
	304 GREATS	‹ 5.45 Gorillas in the Mist		8.00 Robin Hood: Prince of Thieves					10.25 Patriot Games
	305 ANIMATION	‹ 5.40 The Adventures...	7.35 The Garfield Movie				9.25 Deep Sea		
	306 FAMILY	‹ 6.00 Wicked			8.45 Jack the Giant Slayer				
	307 ACTION	‹ 6.30 Madame Web			8.35 Spider-Man				
	308 COMEDY	‹ 6.15 Sixteen Candles		8.00 Dumb and Dumber			9.50 Dumb and Dumber To		
	309 THRILLER	‹ 5.45 The Equalizer		8.00 The Da Vinci Code					10.35 Django...
	310 DRAMA	‹ 5.30 The Great Gatsby		8.00 P.S. I Love You				10.15 A Mistake	
	311 SCI-FI	‹ 6.10 Men in Black 3		8.00 Dune: Part Two					
	313 FILM4	‹ 6.00 Independence Day				9.00 Mission: Impossible – Dead Reckoning Part One			
SPORT	401 MAIN EVENT	7.00 EFL – Live: Birmingham City v Ipswich Town (Kick-off 8.00)							10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Fantasy Show		9.00 PL Preview		10.00 Fantasy Show	
	403 FOOTBALL	7.00 EFL – Live: Birmingham City v Ipswich Town (Kick-off 8.00)							10.30 SPFL Round-Up
	404 CRICKET	‹ 6.00 The Hundred – Live: Birmingham Phoenix Men v Trent Rockets Men (Start-time 6.30)					9.30 The Hundred Bitesize	10.15 The Hundred	
	410 TNT SPORTS 1	‹ 6.45 One Day International Cricket – Live: West Indies v Pakistan							
	411 TNT SPORTS 2	7.00 Onboard		8.00 FIM Speedway Grand Prix Highlights		9.00 AFL			10.30 MLB Highlights

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **Joanna Page's Wild Life** (S)(R)
10.45 **Big Little Crimes** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition Two teams compete at Ardingly antiques fair, West Sussex. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** (S)(R)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition Featuring a Balinese Ubud painting and a miniature church font. (S)
4.30 **Bridge of Lies** Quiz show hosted by Ross Kemp. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Here We Go

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **Our Lives: High Stakes** New edition The work of rope-access crews who tackle extreme height jobs. (S)(AD)

8 PM

8.00 **Would I Lie to You?** With James Acaster, Dani Dyer, Oti Mabuse and Fred Sirieix. (R)
8.30 **MasterChef** New edition 3/24. The first quarter-final sees four cooks tackle a special brief. (S)(AD)

9 PM

9.00 **Here We Go** New episode 4/7. Rachel is the victim of a scam. (S3) (S)(AD) ■ Entire series on BBC iPlayer
9.30 **Mrs Brown's Boys** New episode 2/4. Grandad has an announcement. (S5) (S)(AD) ■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **St Denis Medical** New episode 17/18. Ron and Joyce butt heads over hosting the fundraising gala. (S1) (S) ■ Entire series on BBC iPlayer
11.00 **St Denis Medical** Series finale 18/18. Now Joyce has money to spend, every department wants a piece of it, and she's enjoying getting to say yes. (S1) (S)(AD)
11.20 **FILM Long Shot** Comedy starring Charlize Theron. A journalist strikes up a relationship with a US Secretary of State, soon to run for office as the first female president. (S) (2019, 15, 115min) ★★★★
1.15 AM **Weather for the Week Ahead**
1.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Anna Haugh's Big Irish Food Tour** (S)(R)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)
9.00 **BBC News** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **The Boss** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
5.15 **Flog It!** A collection of finds from the show's travels. (S)(R)
6.00 **Richard Osman's House of Games** Charlie Baker, Val McDermid, Rebecca Lucy Taylor and Martin Offiah compete. (S)(R)
6.30 **Rick Stein's Food Stories** Rick visits a Suffolk bakery making artisan sourdough and tries making sushi. (S)(R)(AD)

8.00 Gardeners' World

7 PM

7.00 **Villages by the Sea** Ben Robinson casts his eye over the village of Seahouses in Northumberland. (S)(R)
7.30 **Beechgrove Garden** New edition Calum Clunie and George Anderson try to tackle the problem of club root. (S)

8 PM

8.00 **Gardeners' World** New edition Host Monty Don gets to work summer pruning his trained fruit, while Jamie Butterworth visits RHS Garden Bridgewater to discover how it has developed over the course of the past four years. (S)

9 PM

9.00 **The Gone** New episode 4/6. Evidence suggests the Mountain Murderer is responsible for the latest killing. (S2) (S)(AD) ■ Entire series on BBC iPlayer
9.55 **Penguin Post Office: Natural World** (S)(R)

10 PM

10.00 **Rev** 6/6. A terrible review of one of Adam's sermons triggers a crisis of faith, which comes to a head at a party when he makes a move on Ellie. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **FILM The Two Faces of January** Thriller starring Viggo Mortensen, Kirsten Dunst and Oscar Isaac. (S) (2014, 12, 90min) ★★★
12.30 AM **Sign Zone: Panorama – Why I Joined a Riot** (S)(R)
1.00 **Sign Zone: The Moment of Proof** The kidnapping of two men. (S)(R)
1.30 **Sign Zone: Our Lives – Downhill Highs** A mountain biker scales Scotland's highest mountains. (R)
2.00 **Sign Zone: Human** (S)(R)(AD)
3.00 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Fern Britton: Inside the Vet's** New edition 4/6. Fern meets a senior Labrador with a puzzling limp and scrubs up for surgery with veterinary surgeon Andy, who is performing a keyhole spay operation. (S)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Under the Bridge

7 PM

7.30 **Emmerdale** Mack vows his support to Charity and Sarah, Vinny arranges to meet someone he connected with online, and Belle is thrown when Lydia hands her an important letter. (S)(AD)

8 PM

8.00 **Coronation Street** A brush with the law reveals Theo's violent past to Todd, Brody takes out his frustrations on Sarah, Glenda encourages George to re-enter the world of dating, and Aadi decides Lauren deserves the truth. (S)(AD)

9 PM

9.00 **Under the Bridge** New episode *Beautiful British Columbia:* 4/8. Suman and Manjit fall in love in 1979, and set in motion events that will change their lives. (S)(AD)
9.45 **Under the Bridge** New episode *When the Heat Comes Down:* 5/8. Tensions rise as suspicions surround the teenagers, while Rebecca and Cam hatch a plan when a detour leads Rebecca down a rabbit hole that results in a new bond. (S1) (S)(AD)

10 PM

10.35 **ITV News** (S)
11.05 **Local News** (S)
11.20 **FILM Moonraker** James Bond adventure starring Roger Moore. Agent 007 investigates the disappearance of a space shuttle. (S)(AD) (1979, PG, 130min) ★★
1.30 AM **Teleshopping**
3.00 **Lucy Letby: Beyond Reasonable Doubt?** (S)(SL)(R)(AD)
4.05 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Katie Piper's Weekend Escape** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 3-6/25. (S6) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** (S8&9) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** Indiana. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun: What Happened Next?** (S)(R)
4.00 **The Great House Giveaway** A house in Liverpool with a large hole in the living room floor. (S)(R)
5.00 **Chateau DIY** Julia continues the renovation of the barn into an events space. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Sharon and Steve Garner help a couple from Reading find a holiday home in Almería. (S)(R)

8.00 Love It or List It: Brilliant Builds

7 PM

7.00 **News** (S)

8 PM

8.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** New edition Kirstie Allsopp and Phil Spencer look back at some home transformations that all cost less than £30,000 to complete, including projects in Scotland and Berkshire. (S)(AD)

9 PM

9.00 **8 Out of 10 Cats Does Countdown** New edition Jimmy Carr hosts as Joe Wilkinson and Alex Brooker take on Kevin Bridges and Judi Love. Peter Serafinowicz will be helping out in Dictionary Corner. (S)

10 PM

10.00 **First Dates** New edition Outdoor lover Carmen and softly spoken hairstylist Eddie bond over camping, fitness and fun, while 81-year-old Angela is dreaming of meeting someone who will make her laugh. (S)(AD)
11.05 **Ramsay's Kitchen Nightmares USA** New edition Texas. (S)
12.00 M'T **FILM 13 Going on 30** Romantic comedy starring Jennifer Garner and Mark Ruffalo. (S) (2004, 12, 100min) ★★★
1.40 AM **Undercover Boss USA** (S)(R)
2.30 **Ramsay's Kitchen Nightmares USA** New Jersey. (S)(SL)(R)
3.25 **Come Dine with Me** (S)(R)
5.35 **to 6.05** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley and Guests** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **Murder by Design** Crime thriller starring Sarah Armstrong. An up-and-coming interior designer hires the young woman who saved her life as an assistant. (S) (2022, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Cameras follow Paige as she follows her dream of being a singer. (S)(R)(AD)
5.00 **News** (S)
6.00 NEW **World's Strongest Man: The Greatest Ever** Highlights from the competition. (S)

6.30 Football

6.30 LIVE **Football** Chelsea v Bayer Leverkusen: Coverage of the pre-season friendly staged at Stamford Bridge. The Blues get their shortened preparations under way less than a month after winning the Club World Cup with a stunning 3-0 victory over European champions Paris Saint-Germain. They take on a Leverkusen side who were runners-up to Bayern Munich in the Bundesliga last season after winning the league unbeaten in 2022/23. Kick-off is at 7.00. (S)

9.30 **Billy Connolly: In His Own Words** A profile of the comedian and actor drawing on interviews, TV appearances and stand-up performances from his career to reveal his journey from a childhood of maternal abandonment in the tenement blocks of Glasgow to the very top of showbusiness. (S)(R)

11.05 **When Classic TV Goes Horribly Wrong** Less-than-perfect moments from the nation's favourite shows. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Friends** (S9) (S)(R)
3.50 **Warship: Life at Sea** (S)(R)
4.40 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S3) (S)(R)
11.00 **Chasing the Rains** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 18/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *Make Room for Lisa:* Lisa finds it difficult to cope with stress. (S)(R) **5.30** *Bart's Friend Falls in Love:* Milhouse falls in love with a new girl at school. (R) **6.00** *Maximum Homerdrive:* Homer and Bart deliver a dead trucker's cargo. (S)(R) **6.30** *Simpsons Bible Stories:* Homer, Marge and the kids have biblical dreams. (S)(R)

10.40 Ricky Gervais Live: Animals

7.00 **The Office (US)** *The Target:* 8/25. Angela learns that her husband is having an affair. (S)(R) **7.30** *Dwight Christmas:* 9/25. Dwight organises a Pennsylvania-Dutch-themed office party. (S9) (S)(R)

8.00 **An Idiot Abroad** 5/8. Karl Pilkington's journey continues in Egypt, where he tastes local delicacies including rabbit meat, and takes a boat ride down the Nile, before visiting the pyramids. (S)(R)(AD)

9.00 **And Just Like That...** New episode 11/12. *Sex and the City* revival catching up with the lives of Carrie, Charlotte and Miranda. Stars Sarah Jessica Parker. (S3)

9.40 **Mr Bigstuff** 5/6. Glen freaks out. (S)(R) **10.10** 6/6. Sue plays her most manipulative trump card. (S2) (S)(R)(AD)

10.40 **Ricky Gervais: Animals** The comedian's first-ever stand-up tour, including backstage footage and excerpts from a Bloomsbury Theatre performance. (S)(R)

12.10 AM **Sex and the City** 17/20. Carrie and Aleksandr bed down for a cold snap. (S)(R) **12.50** 18/20. Aleksandr meets Carrie's friends. (S6) (S)(R)
1.30 **The Force: Manchester** (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 18/22. (S5) (S)(R)(AD)
5.00 **Motorway Patrol** (S)(R)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
7.30pm Back in the Day New edition (S) **8.00-8.30** Wales' Home of the Year (S)(R) **10.40** Rewind: 60 Years of Welsh Pop – Cardiff New edition (S) **11.10** St Denis Medical New episode (S)(AD) **11.30** St Denis Medical Series finale (S)(AD) **11.50** FILM Long Shot (S) (2019, 15, 115min) ★★★★ **1.45-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Backstage at the Eisteddfod New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.30** Eisteddfod Genedlaethol New edition **12.00noon** Newyddion **12.05pm** Eisteddfod Genedlaethol New edition **2.00** Newyddion **2.05** Eisteddfod Genedlaethol New edition **4.00** Eisteddfod Genedlaethol New edition **5.30** Eisteddfod Genedlaethol New edition **7.30** Newyddion a'r Tywydd **7.50** Eisteddfod Genedlaethol New edition **10.30-11.35pm** Gogglebocs Cymru

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BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Becoming – The Batman** Actor Robert Pattinson talks about taking on the comic-book role.
7.15 **The Catch Up**
7.20 FILM **Back to the Future Part II** Time-travel comedy sequel starring Michael J Fox and Christopher Lloyd. Marty McFly is whisked into the future where he has to save his son from dire trouble. With Thomas F Wilson. (1989, PG, 107min) ★★★
9.00 **Destination X** 3/10. The players find themselves in another mystery country. **10.00** 4/10. With fresh faces on board, the X-bus crosses into a country famed for music and rolling hills.
11.00 **Top Gear** Actor Hugh Bonneville drives the Reasonably Priced Car.
12.05 AM **Dinosaur** 5&6/6. (S1)
1.00 **Dubai Hustle**
1.30 **Sky High Club: Scotland and Beyond**
2.00 **Dinosaur** 5&6/6. (S1)
3.00 **to 4.00** AM **Top Gear**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me**
3.10 **Four in a Bed** From the Sea Verge Hotel in Paignton. **3.40** From the Portcullis Hotel in Chipping Sodbury. **4.15** Andy Scott hosts at the Orchid Hotel, Bournemouth. **4.50** Orles Barn in Ross-on-Wye, Herefordshire. **3.40** This week's winner is announced.
5.55 **Love It or List It** Featuring Scarlette and Stuart Douglas.
6.55 **Grand Designs** Kevin McCloud meets a former army captain who is restoring a neo-Gothic cemetery keeper's lodge in London.
7.55 **The Dog House** Lonesome teenager Jasmine seeks a canine companion to replace her twin sister Shola, who's leaving for university.
9.00 NEW SERIES **Inspector Gerri** 1/8. Italian crime drama with Giulio Beranek. A police inspector examines the murder of a lawyer's daughter. Subtitled. (S1)
10.05 **24 Hours in A&E** An 84-year-old man who has fallen down the stairs. **11.10** A crash victim of a charity bike ride is airlifted.
12.10 AM **999: On the Front Line** Medical series.
1.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped's Deep South Adventure**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Top of the Pops** 1998: Spice Girls, The Wombles, James, Alexia, Kylie Minogue and Bryan Adams. **7.30** 1998: Featuring Celine Dion, Pulp, Destiny's Child, M-People and All Seeing I.
8.00 **Dvorak's New World Symphony at the Proms** New edition Alison Balsom makes her Proms presenting debut with a concert of musical postcards from the Americas. Including Dvorak's *New World Symphony* and Arturo Márquez's *Trumpet Concerto.*
9.45 **Top of the Pops** With Dire Straits, Princess, Go West, Phil Collins and Amazulu. **10.15** Performances from the Rezillos, Foreigner, Hi-Tension, Raydio, Renaissance and Jilted John.
10.40 **Weather Hits at the BBC** Weather-related songs from the archives.
1.10 AM **TOTP2: Summertime Special** Featuring ELO.
2.05 **to 3.35** AM **Top of the Pops**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **Brooklyn Nine-Nine**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** Four episodes.
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **The Simpsons** Double bill.
8.00 **Below Deck Sailing Yacht** New edition The deck team struggle during a tender lesson, and bottles of liquor crash all over the boat on a severe sail, while Danni gets emotional about a decor disagreement with Daisy.
9.00 **Celebrity Gogglebox for SU2C** Featuring Michelle Visage and Graham Norton.
10.00 FILM **Hustlers** Comedy drama with Jennifer Lopez. Strip club employees band together to turn the tables on their Wall Street clients. (2019, 15, 110min) ★★★★
12.05 AM **Gogglebox**
1.10 **The Big Bang Theory**
2.05 **The Simpsons**
2.35 **Brooklyn Nine-Nine**
3.30 **Below Deck Sailing Yacht**
4.20 **Young Sheldon**
5.05 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

- 6.00 AM **Stop, Search, Seize**
- 7.00 **Border Security: Canada's Front Line** Double bill.
- 8.00 **Border Patrol** Double bill
- 9.00 **Sun, Sea and A&E**
- 10.00 **Stop, Search, Seize**
- 11.00 **Bondi Rescue** Double bill.
- 12.00 NOON **FBI** 14/22. (S4)
- 1.00 PM **FBI: International** (S1)
- 2.00 **FBI: Most Wanted** 14/22. The team pursue an abusive man who is searching for his ex-girlfriend. (S3)
- 3.00 **Caught Red Handed**
- 4.30 **Nothing to Declare**

8.00 Chicago Med

Sky Atlantic

108/109 108/109 342 357

- 6.00 AM **Fish Town** Double bill.
- 8.00 **True Blood** 1&2/12. (S3)
- 10.00 **Six Feet Under** 7&8/13. (S3)
- 12.05 PM **House of the Dragon**
- 1.20 **Babylon Berlin** 7&8/8. (S1)
- 3.30 **True Blood** 1/12. Sookie asks Eric to help investigate Bill's disappearance.
- **4.35** 2/12. Russell Edgington seeks Bill's assistance to obtain more power. (S3)
- 5.40 **Six Feet Under** 7/13. Brenda attends her father's funeral.
- **6.45** 8/13. Claire grows tired of her menial role. (S3)

9.00 The Pacific

Sky Max

113/114 109/110 111 346 361

- 6.00 AM **Hawaii Five-0** (S10)
- 8.00 **Magnum P.I.** 13/20. (S5)
- 9.00 **Stargate Atlantis** (S3)
- 11.00 **SEAL Team** 10/22. (S2)
- 12.00 NOON **Magnum P.I.** (S5)
- 1.00 PM **Hawaii Five-0** (S10)
- 3.00 **NCIS: Los Angeles** 1/21. (S14)
- 4.00 **S.W.A.T.** 18/22. Hicks witnesses an assassination. (S5)
- 5.00 **SEAL Team** 9/22. The team suspect a mole is leaking information to the cartel. (S2)
- 6.00 **Stargate Atlantis** 7/20. Sheppard is forced to join forces with a Wraith. (S3)

5.00 SEAL Team

ITV2

118 122 115 6 113 6

- 6.00 AM **CITV**
- 7.45 **Dinner Date**
- 8.35 **Georgia and Tommy**
- 9.30 **The Only Way Is Essex**
- 10.15 **Real Housewives of Potomac**
- 11.10 **The Real Housewives of Salt Lake City** Reality series.
- 12.05 PM **Dinner Date**
- 1.05 **Georgia and Tommy**
- 2.05 **The Only Way Is Essex**
- 3.05 **Million Dollar Listing: LA**
- 4.00 **Real Housewives of Potomac**
- 5.00 **The Real Housewives of Salt Lake City** New edition
- 6.00 **Celebrity Catchphrase**

9.00 Save the Last Dance

ITV3

119 123 117 10 115 7

- 6.00 AM **Classic Emmerdale**
- 7.00 **Classic Coronation Street**
- 8.10 **Midsomer Murders**
- 10.15 **The Royal** *Second Time Around.*
- 11.20 **Heartbeat** Double bill.
- 1.35 PM **Classic Emmerdale**
- 2.40 **Classic Coronation Street**
- 3.40 **Midsomer Murders** *Second Sight:* A man collapses and dies outside a pub after a fight with his brother-in-law.
- 5.50 **Heartbeat** *Thanks to Alfred:* A man admits to killing his wife after her body is found by the roadside.

8.00 Midsomer Murders

7 PM

Sky Witness
7.00 **Nothing to Declare** Double bill following the lives of customs and immigration officers at Australia's airports.

Sky Atlantic
7.50 **House of the Dragon** *The Burning Mill:* 3/8. As grudges resurface, Rhaenys suggests that Alicent may see reason while the men around her seek bloodshed. (S2)

Sky Max
7.00 **Stargate Atlantis** *McKay and Mrs Miller:* 8/20. The team work on a dangerous top-secret project. (S3)

ITV2
7.00 **Deal or No Deal** Stephen Mulhern hosts as Sue takes on the Banker for the chance to win life-changing money.

ITV3
6.55 **Heartbeat** *Obsessions:* Nick discovers an act of courage can have sinister consequences after he rescues a woman.

8 PM

Sky Witness
8.00 **Chicago Med** New episode *Down in a Hole:* 15/22. A woman and her daughter are trapped in a well. (S10)

Sky Atlantic

Sky Max
8.00 **An Idiot Abroad** 5/8. Karl Pilkington's journey continues in Egypt, where he tastes local delicacies including rabbit meat.

ITV2
8.00 **Abbey Clancy: Celebrity Homes** 5/6. Entrepreneur Seema Malhotra reveals how she has transformed her Cheshire mansion.

ITV3
8.00 **Midsomer Murders** *Midsomer Life:* Country magazine Midsomer Life and its outspoken owner come under scrutiny from Barnaby and Jones when a body is discovered in woodland.

9 PM

Sky Witness
9.00 **Chicago Fire** New episode *Too Close:* 15/22. Pascal searches for the perfect anniversary gift. (S13)

Sky Atlantic
9.00 **The Pacific** *Melbourne:* 3/10. The American soldiers are greeted as heroes in Melbourne. (S1)

Sky Max
9.00 **Rob Beckett's Smart TV** Featuring guests Kerry Godliman, Emmett Scanlan, Himesh Patel and Carol Vorderman.

ITV2
9.00 **FILM Save the Last Dance** Romantic teen drama starring Julia Stiles and Sean Patrick Thomas. A ballet student moves to Chicago from the midwest and begins dating a teenager who teaches her the joys of hip-hop. (2001, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

ITV3

10 PM

Sky Witness
10.00 **Chicago PD** New episode *Greater Good:* 15/22. Voight questions Deputy Chief Reid's motives in passing an initiative. (S12)
- 11.00 **FBI: Most Wanted** (S5)
- 1.00 AM **The Equalizer** (S2)
- 3.00 **The Good Doctor** 10/10. The doctors solve one of their most important cases. (S7)
- 4.00 **Highway Patrol** New editions
- 5.00 **to 6.00** AM **Brit Cops: Law & Disorder**

+1 hour 207 310

Sky Atlantic
10.10 **The Wire** *The Target:* 1/13. Drama telling the story of a drugs-and-murder police investigation. Stars Dominic West. (S1)
- 11.20 **The Sopranos** 3/13. Carmela uncovers a secret and Meadow asks for a favour. (S1)
- 12.20 AM **The Time Traveler's Wife**
- 1.20 **Gomorrah** 9&10/12. (S2)
- 3.20 **House of the Dragon** (S2)
- 4.35 **In Treatment** (S1)
- 5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max
9.55 **Mr Bigstuff** 5/6. Glen is interrupted by Sue mid-meltdown.
10.30 6/6. Sue plays her trump card. (S2)
- 11.00 **S.W.A.T.** 3/22. The squad face a prison hostage situation. (S8)
- 12.00 M'T **Strike Back: Vendetta** 6/10. Mac attends therapy after leaving the army. (S8)
- 1.00 AM **The Force: Manchester**
- 2.00 **Road Wars** Vehicle crime.
- 3.00 **NCIS: Los Angeles** 1/21. (S14)
- 4.00 **S.W.A.T.** 18/22. (S5)
- 5.00 **to 6.00** AM **Highway Patrol**

ITV2
- 11.20 **Family Guy** 5/20. Peter gets fired from the brewery.
- **11.50** 1/20. Peter goes out of his way to win an Emmy. (S16)
- 12.20 AM **American Dad!** (S12)
- 1.15 **Bob's Burgers** 12/22. (S11)
- 1.45 **Plebs** 3&4/8. (S3)
- 2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3
10.00 **Foyle's War** *The Cage:* The detective's investigation into the death of a nameless Russian leads to a mysterious military facility.
- 11.50 **Trigger Point** 2/6. Evidence seems to confirm that the bombers were Islamist. (S1)
- 12.50 AM **Redemption** 1/6. A DI moves to Dublin after her daughter commits suicide. (S1)
- 1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

- 12.00 NOON **This Is BBC Scotland**
- 7.00 PM **Reporting Scotland**
- 7.30 **LIVE Sportscene: Championship** Ross County v St Johnstone: Coverage of the match from Global Energy Stadium. Both teams are looking for an return to the Premiership after being relegated last year. The Saints finished bottom of the table, while The Staggies went down after losing to Livingston in the play-off final. Kick-off is at 7.45.
- 10.00 **Still Game** 9/9. Victor wins a dog in a pub competition. (S2)
- 10.30 **The Chief** 4/4. Miekelson dusts off his old charm and gets set to explore the singles scene. (S1)
- 11.00 PM **to 12.00** M'T **NEW TRNSMT** With the Kooks, Wet Leg, James Bay and Fontaines DC.

Sky Comedy

114/115 112/113 112 347 362

- 8.00 AM **Sort Of** (S2)
- 9.00 **The Conners** (S2)
- 10.00 **Insecure** 5&6/8. (S1)
- 11.15 **Sex and the City** (S1)
- 12.45 PM **High Maintenance**
- 1.55 **Insecure** 5&6/8. (S1)
- 3.15 **The Rehearsal** 5/6. (S1)
- 3.55 **Sex and the City** (S1)
- 5.05 **Hello Ladies** 5/8. (S1)
- 5.45 **The Conners** (S2)
- 6.45 **The Office (US)** (S9)
- 7.45 **Vice Principals** 7/9. Gamby spends time bonding with Amanda.
- **8.25** 8/9. Gamby finds out about Amanda's previous relationship. (S1)
- 9.00 **And Just Like That...** 11/12. Drama. (S3)
- 9.40 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
- 10.40 **Ricky Gervais Live: Animals** Stand-up show.
- 12.00 M'T **Sex and the City**
- 1.10 AM **Entourage** (S2)
- 2.15 **2 Dope Queens** (S2)
- 4.25 **to 5.00** AM **The Rehearsal**

Sky Arts

130/131 114/115 123 36 143 24 350 365

- 6.00 AM **Pavarotti in Central Park**
- 8.10 **The Joy of Painting**
- 9.10 **Tales of the Unexpected**
- 10.00 **Hitchcock Presents**
- 11.00 **The Directors**
- 12.00 NOON **Discovering**
- 1.00 PM **Tales of the...**
- 2.00 **Musical Masterpieces**
- 3.00 **Master Crafters: The Next Generation**
- 4.00 **The Directors**
- 5.00 **Discovering**
- 6.00 **Tales of the Unexpected**
- 7.00 **Hitchcock Presents**
- 8.00 **Guy Garvey: From the Vaults**
- 9.00 **NEW Opry Live** With Lady A, Lauren Alaina and Kashus Culpepper.
- 10.00 **Greatest Guitar Riffs**
- 11.00 **AC/DC: Live at Donington** From 1991.
- 1.30 AM **Mr Jimmy**
- 3.50 **shortFLIX Presents Seven Sisters**
- 4.05 **The Art of Architecture**
- 5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 135 11 141 23

- 7.00 AM **Motorway Patrol**
- 8.00 **Border Security: America's Front Line**
- 9.00 **Nothing to Declare**
- 11.00 **Highway Patrol**
- 12.00 NOON **Border Security: America's Front Line**
- 1.00 PM **Border Patrol**
- 2.00 **Nothing to Declare**
- 4.00 **Star Trek: Enterprise**
- 5.00 **Stargate SG-1** (S6)
- 6.00 **Warehouse 13** 2/13. (S1)
- 7.00 **Star Trek: The Next Generation** 3/22. (S2)
- 8.00 **Star Trek: Deep Space Nine** 13/26. (S3)
- 9.00 **Forensics: Catching the Killer** Double bill.
- 11.00 **Grimm** 11/22. (S5)
- 12.00 M'T **Britain's Most Evil Killers** The case of Anthony Arkwright, who murdered three people.
- 1.00 AM **Nothing to Declare**
- 2.00 **Brit Cops: War on Crime**
- 3.00 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

- 9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
- 10.00 **Tipping Point** Triple bill of the game show.
- 1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
- 2.00 **Wheel of Fortune** Graham Norton hosts the game show.
- 3.00 **Tenable** Double bill of the game show hosted by Warwick Davis.
- 5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
- 6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
- 8.00 **Deal or No Deal** Stephen Mulhern hosts the game show in which a contestant takes on the ruthless Banker.
- 9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
- 12.00 M'T **Wheel of Fortune** Graham Norton hosts the game show.
- 12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 34 48

- 8.00 AM **Father Dowling Mysteries** 13/13. (S2)
- 9.00 **Diagnosis Murder**
- 10.00 **Little House on the Prairie** 13&14/22. (S2)
- 12.00 NOON **Highway to Heaven** 20/25. (S1)
- 1.00 PM **Father Dowling Mysteries** 5/8. (S3)
- 2.00 **Diagnosis Murder**
- 5.00 **Murder, She Wrote**
- 7.00 **Murder, She Wrote** *Deadline for Murder:* Jessica investigates the death of a newspaper tycoon.
- 8.00 **M*A*S*H** 20&21/25. (S8)
- 9.00 **FILM Star Trek: First Contact** Fantasy. (1996, 12, 110min) ★★★★
- 11.25 **The Avengers** (S6)
- 12.25 AM **M*A*S*H** (S8)
- 1.25 **Airline USA**
- 1.55 **Hart to Hart** 13/22. (S4)
- 3.00 **Crazy Like a Fox** (S2)
- 4.00 **Highway to Heaven**
- 4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Nijinsky's Triple Crown**
6.05 **Kojak** Double bill.
8.05 **Magnum, PI** Double bill.
10.10 **Giant Lobster Hunters**
11.10 **The Casebook of Sherlock Holmes** Mystery drama.
12.15 PM **Magnum, PI** Double bill.
2.20 **Kojak** Double bill.
4.25 **Minder** Comedy drama.
5.30 **British Touring Car Championship Highlights** Action from Croft, where the 16th, 17th and 18th races of the season took place. Presented by Oli Bell.

7.00 Darts: Austrlian Masters

7.00 World Series of Darts: Australian Masters A chance to see day one at WIN Entertainment Centre in Wollongong, featuring the first-round matches, played over the best of 11 legs.

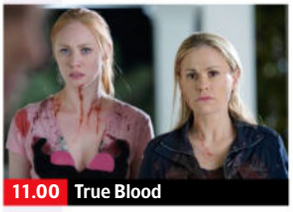
11.00 Wrestling: AEW Dynamite
12.55 AM **FILM Airplane!** Spoof of air-disaster movies starring Robert Hays and Julie Hagerty. (1980, 12, 86min) ★★★★★
2.30 Motorsport Mundial
3.00 Teleshopping
5.00 to 5.30 AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Journey's End: The Saga of Star Trek – The Next Generation** As 5.00pm.
2.00 **Primeval** 1/7. (S2)
3.00 **Stargate Atlantis** 4/20. (S3)
4.00 **Star Trek: Voyager** (S7)
5.00 **Journey's End: The Saga of Star Trek – The Next Generation** A look back at Gene Roddenberry's series.
6.00 **Star Trek: Enterprise** (S4)

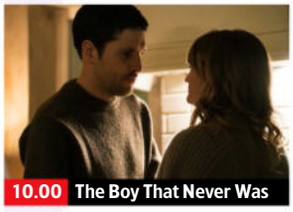

11.00 True Blood

7.00 Primeval 1/7. The team attempt to recapture a Utahraptor that is on the loose in the local shopping centre. (S2)
8.00 Stargate Atlantis *Sateda:* 4/20. The team launch a rescue mission when Ronon is captured by the Wraith. (S3)
9.00 The Leftovers *No Room at the Inn:* 5/10. Matt leaves Miracle with his wife to try to get answers about her condition. (S2)
10.00 The Walking Dead *Diverged:* 21/22. Daryl and Carol come to a fork in the road and head their separate ways. (S10)
11.00 True Blood 1/10. Governor Truman Burrell declares war against all vampires. **12.00** M'T 2/10. Eric takes matters into his own hands in an effort to thwart Burrell's anti-vampire initiatives. (S6)
1.00 AM **Wynonna Earp** (S4)
3.00 Primeval 1/7. (S2)
4.00 to 6.00 AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
9.00 **Father Brown**
10.00 **The Mentalist** 14/23. (S1)
11.00 **Hudson & Rex** 4/20. (S5)
12.00 NOON **Miss Scarlet and the Duke** 2/6. (S4)
1.00 PM **Death in Paradise** (S5)
2.00 **Murdoch Mysteries** (S10)
4.00 **The Mentalist** 14/23. (S1)
5.00 **Hudson & Rex** 4/20. A severed hand is found in a box of frozen cod. (S5)
6.00 **Father Brown** *The Sands of Time:* Brenda finds love at the home of a clock collector.


10.00 The Boy That Never Was

7.00 Miss Scarlet and the Duke 2/6. When a close friend of Mr Potts is murdered, Eliza looks into Victorian undertakers. (S4)
8.00 Death in Paradise *The Complex Murder:* 1/8. A millionaire environmentalist is shot dead on his boat. (S5)
9.00 Father Brown *The Kembleston Players:* The sleuth investigates when rehearsals for a play are derailed by a death.
10.00 The Boy That Never Was 3/4. Robin and Harry look to a local policeman for help with tracking down Ollie. (S1)
11.00 Father Brown As 6.00pm.
12.00 M'T **White Collar** 5/14. Neal poses as a wealthy buyer to help recover a stolen painting, but it becomes unclear who really owns the artwork. (S1)
1.00 AM **Death in Paradise**
2.00 to 4.00 AM **Elementary**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **I Didn't Know You Cared**
8.10 **Keeping Up Appearances**
8.50 **Last of the Summer Wine**
10.10 **Are You Being Served?**
10.50 **Still Open All Hours**
11.25 **Last of the Summer Wine**
12.45 PM **Keeping Up Appearances**
1.25 **Dad's Army** Double bill.
2.40 **Still Open All Hours**
3.20 **Last of the Summer Wine**
4.40 **Are You Being Served?**
5.20 **Dad's Army**
6.00 **Still Open All Hours**
6.40 **Gavin & Stacey**

5.20 Dad's Army

7.20 Gavin & Stacey Smithy goes missing following Nessa's revelation, and the boys track him down.
8.00 Red Dwarf A genetic mutant goes on a rampage aboard the ship. **8.35** Lister accidentally triggers the ship's self-destruct sequence.
9.15 Gavin & Stacey Smithy and Nessa go for their first ultrasound scan. **9.55** The newlyweds argue while on a night out at the bowling alley.
10.35 Not Going Out Lucy runs over a pet rabbit belonging to the daughter of a client.
11.15 Mrs Brown's Boys Agnes turns to the internet to find a date for Valentine's Day.
11.55 Gavin & Stacey Double bill.
1.15 AM **Not Going Out**
1.55 Mrs Brown's Boys As 11.15pm.
2.40 Here We Go
3.10 to 4.00 AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gassed Up**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Cape Carnage: Killer Catch**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Cape Carnage: Killer Catch** Documentary.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Cornwall** Chef Rick Stein travels to St Ives to talk about artist Alfred Wallis.
6.00 **Hairy Bikers' Best of British** The impact of Britain's colonial past on the nation's food.

10.00 Have I Got a Bit More...

7.00 Would I Lie to You? With John Bishop, Chris Addison, Joanna Page and Patsy Palmer.
7.40 Richard Osman's House of Games With Jayde Adams and Scott Mills. **8.20** With Neil Delamere, Mark Billingham, AJ Odudu and Lucy Porter.
9.00 QI XL Sandi Toksvig hosts an extended edition on the theme of tips and tools with Joe Lycett, Holly Walsh and Bill Bailey.
10.00 Have I Got a Bit More 2023 for You A compilation of the news quiz that looks back at the big stories of 2023.
11.00 Taskmaster Paul Sinha tries to invent a revolutionary new use for a basketball.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 Australian Ninja Warrior
3.20 to 4.00 AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **A Place in the Sun: What Happened Next?**
7.00 **Kirstie and Phil's Love It or List It: Brilliant Builds**
8.00 **Supercruising: Life at Sea** The MS *Nieuw Statendam* sail solo on a picture-perfect cruise circling the Caribbean.
9.00 **24 Hours in A&E** A staff colleague is admitted after being knocked off her mountain bike.
10.00 **Gogglebox** Double bill.
12.05 AM **First Dates**
1.05 **8 Out of 10 Cats Does Countdown**
2.05 **Celebrity SAS: Who Dares Wins**
4.05 **to 5.00** AM **Can't Sell, Must Sell**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **NCIS** 13–15/19. (S5)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Dagger:* 9/25. The team try to stop a criminal stealing government secrets. **7.00** *Road Kill:* 10/25. A petty officer involved in a fight club is murdered. **8.00** *Silent Night:* 11/25. A robbery is committed by a man believed dead. (S6)
9.00 **Person of Interest** *Shadow Box:* 10/22. Reese helps a woman who has been accused of stealing from a charity. **10.00** *2 Pi R:* 11/22. Finch goes undercover as a teacher at a Brooklyn high school. (S2)
11.00 **Law & Order: Special Victims Unit** (S17)
12.55 AM **The Resident** (S3)
2.50 **Criminal Minds** (S11)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Extreme Nightmare Tenants** Documentary.
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **FILM The Bourne Identity** Spy thriller based on the novel by Robert Ludlum, starring Matt Damon. (2002, 12, 119min) ★★★★★
11.40 **Criminals: Caught on Camera** Documentary.
12.40 AM **Lawless Britain: Caught on Camera**
1.35 **Casualty 24/7: Every Second Counts**
2.25 **Police Interceptors**
3.10 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Motorway Patrol**
9.30 **Trucking Hell**
10.30 **Traffic Cops**
11.40 **FILM Drums Across the River** Western starring Audie Murphy. (1954, PG, 75min) ★★
1.20 PM **FILM Bite the Bullet** Western adventure with Gene Hackman and Candice Bergen. (1975, PG, 131min) ★★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Suspect No 1** An altercation leads to a man fighting for his life.
10.00 **The Motorway** The M6 is shut down due to a flock of escaped sheep.
11.00 **MacGyver** 5/21. (S1)
11.55 **World's Most Dangerous Prisoners**
1.00 AM **Warship: Life at Sea** Documentary.
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **My Kitchen Rules: South Africa**
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition *MasterChef* royalty Peter Gilmore presents a Mystery Box packed with ingredients.
8.10 **Inside the Ambulance**
9.10 **999 Rescue Squad** A teenage dare leads to a rescue operation after a boy vanishes. **10.10** A truck drives through the barrier of a busy motorway and hits a BMW head-on.
11.10 **Ghosts** Triple bill.
1.00 AM **Aaron Hernandez Uncovered** Documentary.
1.50 **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Tenko** PoW drama.
8.25 **Doctors**
9.35 **Classic Holby City**
10.40 **Classic Casualty**
11.45 **The Bill**
12.45 PM **Classic EastEnders**
2.00 **Tenko** PoW drama.
3.00 **The Doctor Blake Mysteries**
4.00 **Lovejoy**
5.25 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Daughters of Jerusalem.*
9.00 **Whitstable Pearl** New episode *Oysters Kilpatrick:* 3/6. A food critic drops dead in the Whitstable Pearl. (S3)
10.00 **New Tricks** *Blue Flower.*
11.20 **Spooks** 7/10. (S4)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.20 **Waiting for God**
2.50 **to 4.00** AM **Whitstable Pearl**

+1 hr 243 316 60 260

FRIDAY Entertainment

Friday

Really
142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** Michelle Collins.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Raj Bisram and Irita Marriott find items in Devon. **8.00** Raj Bisram and Irita Marriott plunder the shops of Cornwall.
9.00 **Saving Lives at Sea** Reports come in of a kayaker who has failed to make it back to shore. **10.00** The Lyme Regis crew face a frantic search for three fishermen whose boat has capsized.
11.00 **Helicopter ER**
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes**
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **Wanted: Dead or Alive** Four editions.
10.00 **The New Avengers**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM They Came to Cordura** Western. (1959, PG, 123min) ★★★
3.30 **FILM Apache Ambush** Western. (1955, U) ★★
5.05 **FILM The Texican** B-Western. (1966, PG, 91min) ★★
7.00 **The High Chaparral**
8.00 **The New Avengers**
9.00 **FILM The Way West** Western with Kirk Douglas and Robert Mitchum. (1967, PG, 122min) ★★
11.35 **FILM Missing in Action** Action adventure starring Chuck Norris. (1984, 15, 101min) ★★
1.45 AM **FILM Meteor Moon** Sci-fi adventure. (2020, PG, 80min) ★★
3.40 **to 5.00** AM **Cops Uncut**
+1 hour 324 319

GREAT! movies
321 318 425 50 32

7.00 AM **Air Rescue**
8.00 **Paddington Station 24/7**
9.00 **Sue Thomas: F.B.Eye**
11.00 **FILM Garage Sale Mysteries: Guilty Until Proven Innocent** Thriller. (2016, PG, 85min) ★★
1.00 PM **FILM Shattered Memories** Thriller. (2018, PG, 86min) ★★
2.55 **FILM April's Flowers** Thriller. (2019, 15) ★★
5.00 **FILM Nowhere To Be Found** Thriller. (2019, PG, 93min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Ain't Them Bodies Saints** Crime drama. (2013, 15, 95min) ★★★★
11.05 **FILM The Neighbourhood Nightmare** Thriller. (2018, 12, 89min) ★★
1.10 AM **FILM Grandma Dearest** (2020, PG) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Crimes of Passion** (2005) ★★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM My Birthday Romance** Comedy. (2020, PG, 90min) ★★
10.00 **FILM A Little Daytime Drama** Comedy. (2021, PG, 90min) ★★
12.05 PM **FILM Same Time Next Week** Drama. (2016, PG, 90min) ★★
2.00 **FILM Love to the Rescue** Drama. (2019, PG) ★★
3.55 **FILM Meet Me in New York** Romantic drama. (2022, PG, 130min) ★★
6.05 **FILM Under the Autumn Moon** Comedy. (2018, PG, 86min) ★★
8.00 **FILM Royally Ever After** Comedy. (2018, PG) ★★
9.50 **FILM Royal New Year's Eve** Romantic drama. (2017, U, 84min) ★★
11.55 **FILM Hometown Holiday** Drama. (2017, PG, 84min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love to the Rescue** (2019)
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** 11/36. (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Don't Drink the Water**
12.00 NOON **Plymouth Rock**
12.30 PM **Jokers Wild**
1.00 **Kane & Abel** 3/3. (S1)
3.00 **FILM Scarlet Street** Film noir thriller. (1945, PG, 101min) ★★★★
5.00 **Lucky Feller** 12/13. (S1)
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S3)
7.00 **I Dream of Jeannie**
7.30 **Jokers Wild**
8.00 **Don't Drink the Water**
8.30 **Lucky Feller** 12/13. (S1)
9.00 **Bramwell** 3/10. (S3)
10.00 **Soap** 24/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM The Bat** Mystery thriller. (1959, PG, 80min) ★★
1.45 AM **Auto Rewind**
2.00 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Yukon Men**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The Coast Guard fears the worst for a fishing vessel as it takes on water. **8.00** Sig rejects Jake's partnership offer, sparking an feud between the pair.
9.00 **Chasing Classic Cars** Wayne and the team work on a coveted, seven-figure 1937 Bugatti. **10.00** Wayne buys the motorcycle of his dreams, an all-original 1928 Indian Scout 101.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Maneet's Eats**
6.30 **Nadiya's Fast Flavours**
7.00 **Barefoot Contessa**
8.00 **American Adventure**
9.00 **River Cottage Every Day**
10.00 **The Hairy Bikers' Mediterranean Adventure**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
2.00 **American Adventure**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **River Cottage Every Day**
6.00 **The Hairy Bikers' Mediterranean Adventure**
7.00 **Great British Bake Off**
9.00 **Cook & Share**
10.00 **James Martin's Great British Adventure**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 24/25. (S7)
9.00 **The Fall Guy** 21/23. (S2)
10.00 **Knight Rider** 12/22. (S4)
11.00 **FILM Trapped in Space** Sci-fi suspense drama. (1994, 15, 84min) ★★
1.00 PM **FILM Above Us the Waves** Drama. (1955, b/w, U, 99min) ★★★
3.00 **FILM Flying Tigers** War adventure. (1942, b/w, PG, 103min) ★★
5.00 **Star Trek** 13/24. (S3)
6.00 **Knight Rider** 13/22. (S4)
7.00 **The Fall Guy** 22/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Patriots Day** Fact-based drama. (2016, 15, 133min) ★★★★
11.35 **FILM War Pigs** World War Two adventure. (2015, 15, 88min) ★★
1.25 AM **FILM Assault on Station 33** Thriller. (2021, 15, 110min) ★★
3.15 **to 5.00** AM **FILM Lonesome Dove Church** Western. (2014, 15) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Ape vs Monster** As 5pm.
8.00 **FILM The Land That Time Forgot** Sci-fi. (2009, 12, 90min) ★★
10.00 **The Lost World** (S3)
11.00 **FILM Boot Hill** Western. (1969, PG, 91min) ★★
1.00 PM **FILM The Philadelphia Experiment** Sci-fi mystery thriller remake. (2012, 15, 89min) ★★
3.00 **The Lost World** (S3)
4.00 **The A-Team** 14/23. (S4)
5.00 **FILM Ape vs Monster** Sci-fi adventure. (2021, 12, 88min) ★★
7.00 **The Lost World** (S3)
8.00 **The A-Team** 15/23. (S4)
9.00 **FILM Acts of Vengeance** Drama. (2017, 15, 87min) ★★
10.50 **FILM Mindscape** Fantasy thriller. (2013, 15, 97min) ★★★
1.00 **to 3.00** AM **FILM Acts of Vengeance** As 9pm.
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.55 **Hardcore Pawn**
10.15 **Alien Files Reopened**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Dickinson's Real Deal**
3.05 **Storage Wars: Texas**
4.00 **Ancient Aliens**
6.00 **Alien Files Reopened**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **The Proof Is Out There: Bermuda Triangle**
10.00 **Strange Evidence**
11.00 **World's Most Unexplained...**
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Amazing Railway Journeys with Nick Knowles** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** New Zealand.
12.00 NOON **Reuben: Life in the Dales**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo** Crime drama.
5.30 **The Yorkshire Vet**
6.00 **All Creatures Great and Small**
7.00 **Reuben: Life in the Dales** A plumbing project turns into a disaster.
8.00 **Ben Fogle: New Lives in the Wild** Texas.
9.00 **The Hardacres** (S1)
11.00 **All Creatures Great and Small**
12.00 M'T **Yorkshire Great and Small**
1.00 AM **Amazing Railway Journeys** Double bill.
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home in the Sun**
4.00 **The Saved and Remade Workshop**
5.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **My Lottery Dream Home International** A property with a walk-in closet and a man cave. **9.30** Ajackpot winner looks for a property.
10.00 **My Lottery Dream Home** Double bill.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
4.00 **Little People, Big World**
5.00 **My 600lb Life** 1/2. The story of Aaron, who must lose weight to survive.
6.00 **Dr Pimple Popper** Will is worried his shoulder lump will be ripped open at work.
7.00 **The Bad Skin Clinic** David visits Dr Emma about a fast-growing lump on his back.
8.00 **My 600lb Life**
12.00 M'T **My Extreme Excess Skin** Medical series.
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **to 6.00** AM **My 600lb Life**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 21&22/22. (S5)
10.00 **Last Man Standing** (S6)
11.00 **Everybody Loves Raymond** (S4&5)
1.00 PM **Friends** (S6)
8.00 **Friends** 22/25. Elizabeth and Ross go to her grandmother's cabin. **8.30** 23/25. Phoebe helps Chandler choose an engagement ring. (S6)
9.00 **Michael McIntyre's Big Show** With Ellie Goulding.
10.00 **Whose Line Is It Anyway? USA**
11.00 **NEW SERIES CC Live: Stand Up Shorts** (S2)
11.30 **South Park** (S27&3)
1.00 AM **FILM About Last Night** Romantic comedy. (2014, 15, 98min) ★★
3.00 **Michael McIntyre's Big Show** As 9.00pm.
3.45 **Beavis and Butt-Head**
3.55 **Key & Peele** (S2)
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 4&5/13. (S3)
11.00 **Friends** (S9)
1.00 PM **Impractical Jokers**
2.00 **Daria** 6&7/13. (S3)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S6)
7.00 **Everybody Loves Raymond** 3-7/25. (S5)
9.00 **New Girl** 7&8/22. (S6)
10.00 **Friends** 18-21/24. (S5)
12.00 M'T **Alan Carr Live: Spexy Beast** Stand-up.
1.00 AM **Rich Hall – 3:10 to Humour** Stand-up.
2.30 **Kevin Hart: CC Live**
3.00 **Amy Schumer: CC Live**
3.20 **Desiree Burch: CC Live**
3.45 **Paul F Tompkins: Labouring Under Delusions** Stand-up.
4.30 **Jeff Dunham: Me the People** Stand-up.
5.15 **to 7.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
9.00 **Celebrity Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Bull** 20-22/22. (S6)
2.00 PM **Highway Patrol**
3.00 **Border Security: America's Front Line**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **Bull** 20-22/22. (S6)
9.00 **Road Wars**
10.00 **Reginald the Vampire**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own US Road Trip**
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Celebrity Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2**
7.00 **Celebs on the Ranch** The two-part Grand Finale gets under way.
8.00 **Catfish UK** Jerry needs help meeting his first love.
9.00 **Skin A&E** The specialist clinic opens its doors to patients with acne.
10.00 **Lindsay Lohan's Beach Club** The actress launches a new club on the island of Mykono.
11.00 **Behind the Music**
12.30 AM **Beavis and Butt-Head** Double bill. (S4)
1.00 **Ink Master** Double bill.
2.45 **Caught in the Act: Unfaithful** Reality show.
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Dual Survival** Double bill.
11.00 **Kindig Customs** Double bill.
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Double bill.
5.00 **Building Off the Grid** An eco-friendly couple work to build a timber and straw-bale cabin in Maine.
6.00 **Baggage Battles** The specialists visit the Tampa Machinery Auction in Florida. **6.30** Billy makes a discovery at an auction in Toronto.

9.00 Expedition Bigfoot

7.00 **Deadliest Catch** Sig and John co-captain the *Time Bandit*, sparking a gold rush for giant crab out west, and chaos on the *Titan Explorer* forces Jake's crew to abandon ship.

9.00 **Expedition Bigfoot** New edition Mireya and Biko utilise cutting-edge tech to try to catch a base camp intruder.

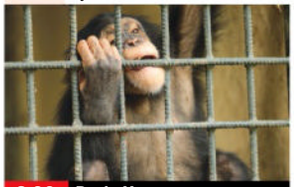
10.00 **How the Universe Works** Following a team of robot sleuths roaming Mars on a mission to uncover its secrets.
11.00 **Buying Alaska** A couple crave the Alaskan experience. **11.30** Two Alaskan natives look at three million-dollar homes in the Last Frontier.
12.00 M'T **Moonshiners**
1.00 AM **Expedition Bigfoot**
2.00 **How the Universe Works**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **Groomer Has It**
9.00 **Fish or Die** From Mexico.
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **Groomer Has It** Double bill.
5.00 **Lone Star Law** The wardens investigate the death of a deer and reports of fawns being illegally kept as pets.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff performs rare surgery on a puppy, and the team try to save the life of a kitten.



8.00 Dodo Heroes

7.00 **Treehouse Masters** Pete Nelson explores the treetop getaways of Brazil, travelling from Sao Paulo to Parana.

8.00 **Dodo Heroes** Efforts are made to find a companion for a lonely chimpanzee.

9.00 **Alaska: The Last Frontier** Eivin, Atz Lee, Jane and Shane go on a group hunt for deer to fill their freezers.

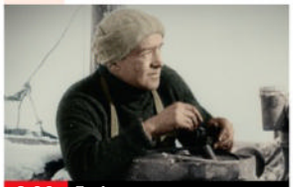
10.00 **Alaskan Bush People** Gabe is attacked by an aggressive ostrich and loses one of his prized possessions in the process.
11.00 **Pit Bulls & Parolees** The rescue centre's oldest resident is rehomed.
12.00 M'T **Crikey! It's the Irwins** The family race to save animals from the Australian wildfires.
1.00 AM **Dodo Heroes** As 8.00pm.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Plane Crash Recreated**
2.00 PM **Hitler the Junkie**
3.00 **Secret Nazi Science**
4.00 **Hurricane Katrina: Race Against Time** Documentary.
5.00 **Car S.O.S.** Tim and Fuzz are off to Huddersfield to rescue a 1992 VW Corrado.
6.00 **World War II: The Apocalypse** Footage of the end of World War Two.



8.00 Endurance

7.00 **Air Crash Investigation** A crash in Norway leaves four dead and almost no wreckage to examine.

8.00 **Endurance** In an epic feat of leadership and perseverance, Antarctic explorer Ernest Shackleton kept his crew alive against all the odds. A century later, explorers search for his lost ship.

10.00 **Inside Airport Lost & Found** Airport workers reunite travellers with their items, including a wallet with $1500.
11.00 **Air Crash Investigation**
12.00 M'T **Trafficked with Mariana Van Zeller** Investigating a deadly new fentanyl cocktail.
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Salvage Kings** Documentary.
7.50 **American Pickers** Antique toys.
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Proof Is Out There**
1.00 PM **Evidence of the Unexplained** UFO files.
2.00 **Mountain Men** Documentary.
2.55 **Pawn Stars** A Mobo Bronco toy.
3.15 **Clash of Ancient Warriors**
5.00 **Seized at Sea** Documentary.
6.00 **American Pickers** A car enthusiast's huge collection.

10.00 Ancient Aliens

7.00 **Forged in Fire** The contest moves to a blacksmith shop in the heart of North Carolina's Appalachian Mountains.

8.00 **Irish Pickers** Dublin dealer Ian Dowling and his mate Butzy search for treasures in Cork, and find a mysterious stone head.

9.00 **Queens of Ancient Egypt** The shocking story of two other Cleopatras who ruled Egypt jointly with Ptolemy VIII.

10.00 **Ancient Aliens Special Presentation** New edition The appearance of strange creatures such as Bigfoot and Mothman.
12.00 M'T **Close Encounters Down Under** UFO activity amid Queensland's farming country.
12.55 AM **The Proof Is Out There**
1.50 **Thomas Jefferson** Series finale How Jefferson's retirement was fraught with controversy and debts.
2.50 **Seized at Sea** Documentary.
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Warbird Workshop**
11.00 **War Factories**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Warbird Workshop** Rebuilding two pre-war biplanes with glorious histories.
5.00 **War Factories** How the US out-produced the world.
6.00 **Antiques Roadshow** The experts visit Newstead Abbey in Nottinghamshire.

4.00 Warbird Workshop

7.00 **The Lakes with Simon Reeve** The adventurer learns how central Cumbria is to many of the challenges facing Britain.

8.00 **'Allo 'Allo!** General Von Klinkerhoffen orders Edith to marry Captain Bertorelli. **8.40** Rene plans to use an old ice-cream van to rescue British airmen. **9.20** The Resistance try to get the airmen out of the drain in the town square.

10.00 **Bangers & Cash** On the way to pick up two '70s Lotus sports cars, Derek takes to the skies for his first ever helicopter flight.
11.00 **Bangers & Cash** A Cold War Soviet classic is auctioned.
12.00 M'T **Abandoned Engineering** A juggernaut of Soviet engineering which was crucial to the international space race.
1.00 AM **The Lakes with Simon Reeve** As 7.00pm.
2.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** Kirsten Ramsay faces a challenge in the shape of a papier mache cat.
8.00 **Johnny Vegas' Little Shop of Antiques** On a Staffordshire buying trip, Johnny buys a Beatles fan portrait, some vintage school fete games and a wasps' nest.
9.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Vintage Voltage**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: The Big Day**
8.00 **Say Yes to the Dress: Lancashire** Reality show.
9.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Four editions.
12.00 NOON **Married to Evil**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Mean Girl Murders** New edition A school track star destined for Olympic glory disappears.
10.00 **Toxic** New edition
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Cindy Borton.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** In Florida four bodies are found in a factory.
8.00 **Donal MacIntyre's UK Killer Evidence** A drug dealer is shot dead in Southampton.
9.00 **To Catch a Killer** The squad looks at suspects in the unsolved 2001 murder of David Buller.
10.00 **It Takes a Killer** Detectives uncover a missing chef was the victim of a homicide. **10.30** A vicious custody battle ends when one of the parents vanishes without a trace.
11.00 **Real Detective**
1.00 AM **To Catch a Killer**
2.00 **It Takes a Killer**
3.00 **Donal MacIntyre's UK Killer Evidence**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Voice of a Serial Killer** Becky Watts.
3.00 **Uncovering Melanie's Murderer** Documentary.
4.00 **Medical Detectives** Sonic technology helps unravel the murder case of a union official. **4.30** A man's motives for killing an intruder are questioned. **5.00** A man is accused of shooting his estranged wife. **5.30** A whole family are found dead in a burned-out home. **6.00** Detectives investigate the murder of a gay couple. **6.30** Clues from a dog and a rare gun help solve a murder case.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Brit Cops** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Murdered at First Sight**
12.00 NOON **Murder Uncut**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **How I Caught the Killer**
4.00 **World's Most Evil Killers**
5.00 **Murders That Shocked...**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **What the Killer Did Next**
10.00 **Inside the Mind of a Serial Killer**
11.45 **The Killer Within**
12.50 AM **Murders That Shocked the Nation**
1.55 **Killer in My Village**
3.00 **Murdered at First Sight**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Wrecks That Changed the World**
9.15 **Auschwitz: Inside Man**
10.30 **France: The Post War Recovery**
11.40 **Ancient Egypt: Life and Death in the Valley of the Kings**
1.00 PM **Wrecks That Changed the World**
2.00 **Auschwitz: Inside Man**
3.15 **France: The Post War Recovery**
4.30 **Ancient Egypt: Life and Death in the Valley of the Kings**
5.50 **Wrecks That Changed the World**
6.50 **Auschwitz: Inside Man**
8.00 **France: The Post War Recovery** Series finale
9.15 **Ancient Egypt: Life and Death in the Valley of the Kings**
10.35 **Auschwitz: Inside Man**
12.00 M'T **France: The Post War Recovery**
1.15 **to 2.00** AM **America the Bountiful**

FRIDAY

Friday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Good Fight Club**
7.00 **Discovering: Roy Scheider**
8.00 **The Directors** Orson Welles.
9.00 **Bad Host: Hunting the Couchsurfing Predator**
10.00 **FILM Apollo 11** Documentary. about the moon landings. (2019, U, 93min) ★★★★★
11.50 **My Icon: Shaun Gayle**
12.00 NOON **Schmeichel**
2.00 PM **An American Bombing: The Road to April 19th**
4.00 **Discovering: Roy Scheider**
5.00 **The Directors** Orson Welles.
6.00 **Billy Joel: And So It Goes**
9.00 **Dublin Narcos** A look at the rise in drug addiction and organised crime in Dublin. **10.00** A new breed of dealer is born as ecstasy appears on the streets of Dublin. **11.00** Crime reporter Veronica Guerin is shot in broad daylight.
12.00 M'T **The Nazi Cartel**
1.00 AM **Pete Doherty: Stranger in My Own Skin**
3.00 **BS High** Documentary.
5.00 **to 6.00** AM **Discovering: Roy Scheider**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town** True-crime.
9.00 **Murdertown** Wendy Upton.
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Secrets of the Morgue**
1.00 PM **Murder by Medic**
2.00 **Rob Rinder's Interrogation Secrets** Documentary.
3.00 **Murdertown** Julie Davison.
4.00 **Murder Detective**
5.00 **Robbie Coltrane's Critical Evidence** Lorenzo Simon.
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Murder by Medic**
9.00 **Court Cam** New editions
10.00 **Ozark Law** Officers deal with underage drinkers at a festival.
11.00 **Interrogation Raw**
12.00 M'T **Murder by Medic**
1.00 AM **Court Cam** Four editions.
3.00 **Secrets of the Morgue**
4.00 **Robbie Coltrane's Critical Evidence** Lorenzo Simon.
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Architecture the Railways Built** Six editions.
3.00 PM **The Architecture the Railways Built** Four editions.
7.00 **The Architecture the Railways Built** Tim Dunn visits Wemyss Bay Station in Inverclyde. **8.00** Tim visits the Royal Albert Bridge and finds out how it was constructed. He also visits Wolverhampton to learn about the history of its train stations. **9.00** Tim rides up Mount Snowdon's railway to visit the summit station and discovers how a glass structure envelopes Strasbourg's station. **10.00** Tim visits the former HQ of London Underground, which was the capital's first skyscraper, and sees the timber-framed Barmouth Bridge in Wales. **11.00** Tim visits the architecture of the Stockton and Darlington railway, the first passenger steam line in the world.
12.00 M'T **to 6.00** AM **The Architecture the Railways Built**

+1 hour 266 376

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Vet Adventures**
7.00 **Monkey Life** Woolly monkeys.
8.00 **Gangs of Baboon Falls**
9.00 **Islands** Exploring Okavango.
10.00 **Brazil Untamed**
11.00 **Chasing the Rains**
12.00 NOON **Predators**
1.00 PM **Monkey Life**
2.00 **Gangs of Baboon Falls**
3.00 **Islands** Exploring Okavango.
4.00 **Brazil Untamed**
5.00 **Uptown Otters**
6.00 **Predators** As 10.00pm.
7.00 **Monkey Life** Woolly monkeys.
8.00 **Accidental Wilderness: Europe's Everglades**
9.00 **Dogs: An Amazing Animal Family** The canine family tree.
10.00 **Predators** A wild dog pack.
11.00 **Uptown Otters**
12.00 M'T **Chasing the Rains**
1.00 AM **Evolution Earth**
2.00 **Accidental Wilderness: Europe's Everglades**
3.00 **Dogs: An Amazing Animal Family** As shown at 9.00pm.
4.00 **Gangs of Baboon Falls**
5.00 **to 6.00** AM **Islands**

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Alaska Animal Rescue**
10.00 **Heartland Docs**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Investigation Shark Attack**
3.00 **Mega Piranha**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Africa's Hunters** A young lion who was rejected by its mother faces a series of challenges.
9.00 **Serengeti: Assault on the Megaherd** The migration of wildebeest, zebras and gazelles.
10.00 **Northwoods Survival** Margot hits the trapping trail.
11.00 **Ice Road Rescue**
12.00 M'T **Animal Fight Club**
1.00 AM **Last of the Giants: Wild Fish** Documentary.
2.00 **The Incredible Dr Pol**
3.00 **Alaska Animal Rescue**
4.00 **to 5.00** AM **World's Deadliest Animals**

ID

154 141 166

8.00 AM **Love, Honor, Betray**
9.00 **Murder Under the Friday Night Lights** Double bill.
11.00 **Homicide City: Charlotte**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Swamp Murders**
5.00 **I'd Kill for You** Double bill.
7.00 **Killer Unknown** A family recall the moments leading to Veda Woodson's murder. **8.00** How the focus fell on a young man who had been Dena Dean's boyfriend.
9.00 **On the Case with Paula Zahn** A savage homicide devastates a teenager's loving family.
10.00 **Death by Fame** A woman and her family strike it rich – but not everyone wants them to shine.
11.00 **Quiet on Set: The Dark Side of Kids TV** An abuser gets support from Hollywood names. **12.00** M'T Former stars discuss the dark side of kids' TV.
1.00 AM **Grave Secrets**
2.00 **I'd Kill for You** Double bill.
4.00 **to 6.00** AM **Killer Unknown**

+1 hour 254 366

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Ancient Aliens: The Ultimate Evidence** Puma Punku.
9.00 **Ancient Superstructures**
10.00 **Greatest Heists with Pierce Brosnan** Lufthansa heist.
11.00 **Ancient Aliens** Double bill.
1.00 PM **Ancient Aliens: The Ultimate Evidence**
2.00 **Ancient Superstructures**
3.00 **Lost Gold of the Aztecs**
4.00 **Secret Societies: In the Shadows** The Illuminati.
5.00 **Cursed Treasures**
6.00 **Storm Stories**
7.00 **What on Earth?** An exploration of an atomic tomb.
8.00 **Ancient Aliens** Experts visit an ancient fortress in Peru believed to be built by aliens.
9.00 **Inside the Tower of London**
10.00 **WWII Lost Films**
11.00 **Secret Wars Uncovered**
12.00 M'T **Ancient Aliens**
2.00 AM **WWII Lost Films**
3.00 **Lost Gold of the Aztecs**
4.00 **Secret Societies: In the Shadows** The Illuminati.
5.00 **to 6.00** AM **Cursed Treasures**

Discovery History

174 147 181 320 325

7.00 AM **UFOs Over Phoenix**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **UFOs Over Phoenix**
9.00 **Secrets Underground** The mysterious disappearance of ships on Lake Michigan.
10.00 **How Do They Do It?** How a Dutch company make the world's fastest super-yachts. **10.30** How London Underground signs are made.
11.00 **Incredible Engineering Blunders: Fixed**
12.00 M'T **The 1980s: The Deadliest Decade** Linda Culbertson.
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrap Kings**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal** A custom hot rod.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Vintage Voltage**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal** A Bugatti Type 57.
4.00 **Shorty's Dream Shop**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Workshop** A bizarre military vehicle enters the workshop.
10.00 **Engine Addict with Jimmy de Ville** A VW Beetle engine.
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Vintage Voltage**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.20 AM **Sacramento** Comedy. (2024, 15, 89min) ★★★
9.00 **PREMIERE Sonic the Hedgehog 3** As 8.00pm.
11.00 **Rumours** Comedy horror. (2024, 15, 104min) ★★★
12.50 PM **September 5** As 12.10am.
2.30 **Long Gone Heroes** Action thriller. (2024, 15, 101 min)
4.15 **The Thicket** Elliott Lester's drama. (2024, 15, 108min)
6.05 **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★

8.00 Sonic the Hedgehog 3

8.00 PREMIERE Sonic the Hedgehog 3 Adventure sequel starring Jim Carrey. The blue hedgehog, Knuckles and Tails reunite to face the might of the villainous Shadow. (2024, PG, 110min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Kraven the Hunter Adventure starring Aaron Taylor-Johnson. A conservationist's complex relationship with his ruthless father sets him on a path of vengeance. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **September 5** Thriller starring Peter Sarsgaard. (2024, 15, 95min) ★★★★
1.55 **The Room Next Door** Drama. (2024, 12, 102min) ★★★★
3.45 **Running on Empty** Comedy. (2024, 15, 91min) ★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Hits

303 303 403 503 517

7.35 AM **Star Trek V: The Final Frontier** As shown at 5.35am.
9.25 **The Equalizer 2** As 8.00pm.
11.30 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
2.20 PM **This Is 40** Judd Apatow's comedy starring Leslie Mann. (2012, 15, 135min) ★★★
4.35 **Swordfish** Action thriller. (2001, 15, 99min) ★★★
6.15 **Bowfinger** Comedy written by and starring Steve Martin. (1999, 12, 97min) ★★★★

6.15 Bowfinger

8.00 The Equalizer 2 Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Orson Bean. (2018, 15, 121 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Man of Steel Fantasy adventure starring Henry Cavill, Amy Adams and Michael Shannon. (2013, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Five Nights at Freddy's** Horror with Josh Hutcherson. (2023, 15, 109min) ★★
2.15 **Friday the 13th Part III** Stalk 'n' slash horror sequel. (1982, 18, 95min) ★
3.55 **The Woman in Black** Horror starring Daniel Radcliffe. (2012, 12, 91 min) ★★★★
5.35 **to 7.25** AM **Star Trek V: The Final Frontier** Adventure sequel with William Shatner. (1989, PG, 100min) ★★

Sky Cinema Drama

310 310 410 510 524

6.25 AM **The Great Escape** (1963)
9.25 **The Man Who Shot Liberty Valance** John Ford Western. (1962, b/w, U, 122min) ★★★★★
11.40 **A Mistake** As 10.15pm.
1.30 PM **Lost in Translation** Romantic comedy drama. (2003, 15, 102min) ★★★★★
3.25 **Footloose** Teen musical remake starring Kenny Wormald. (2011, 12, 113min) ★★★
5.30 **The Great Gatsby** Romantic drama starring Robert Redford. (1974, 12, 146min) ★★★
8.00 **P.S. I Love You** Romantic comedy starring Hilary Swank and Gerard Butler. A widow begins receiving letters from her recently deceased husband to help her cope with her grief. (2007, 12, 121 min) ★★★
10.15 **A Mistake** Medical drama starring Elizabeth Banks, Simon McBurney and Joel Tolbeck. (2024, 15, 101 min) ★★★
12.10 AM **The Great Escape** Adventure with Steve McQueen. (1963, PG, 166min) ★★★★★
3.15 **Girl You Know It's True** Drama starring Elan Ben Ali. (2023, 15, 124min) ★★★
5.30 **to 7.15** AM **Poison** Drama. (2024, PG, 86min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.10 AM **Star Trek Into Darkness** As 12.55am.
8.25 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
11.05 **The Purge: Anarchy** Horror sequel. (2014, 15, 102min) ★★★
12.55 PM **Men in Black II** Sci-fi action comedy sequel. (2002, PG, 88min) ★★★
2.35 **Gravity** Space thriller. (2013, 12, 91 min) ★★★★★
4.20 **The Crazies** Horror thriller remake of the 1973 George A Romero cult film. (2010, 15, 101 min) ★★★★
6.10 **Men in Black 3** Sci-fi action comedy sequel starring Will Smith, Tommy Lee Jones and Josh Brolin. Wisecracking Men in Black agent J goes back in time to 1969 to save the life of the young Agent K. With Emma Thompson. (2012, PG, 105min) ★★★★
8.00 **Dune: Part Two** Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators against the Atreides dynasty. Sci-fi drama starring Timothee Chalamet. (2024, 12, 166min) ★★★★★
10.55 **Thanksgiving** A mysterious

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.05 AM **Ride On** Action drama. (2023, PG, 126min) ★★★
9.20 **The Wizard of Oz** Musical. (1939, U, 98min) ★★★★★
11.10 **Yogi Bear** (2010, U) ★★★
12.40 PM **The Witches** Adventure. (1989, PG, 90min) ★★★★
2.15 **Ghostbusters: Frozen Empire** Comedy. (2023, 12) ★★★
4.15 **Ella Enchanted** Fantasy. (2004, PG, 96min) ★★★
6.00 **Wicked** Musical adventure. (2024, PG, 160min) ★★★★

8.45 Jack the Giant Slayer

8.45 Jack the Giant Slayer Fantasy starring Nicholas Hoult and Eleanor Tomlinson. A plucky young farmboy scales a giant beanstalk to rescue a stranded princess – and encounters a race of sky-dwelling giants. With Ewan McGregor. (2013, 12, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 Journey to the Center of the Earth Fantasy adventure with Brendan Fraser, Anita Briem and Josh Hutcherson. (2008, PG, 92min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Snow White and the Huntsman** Fantasy adventure starring Kristen Stewart. (2012, 12, 127min) ★★★
2.40 **Beethoven** Family comedy. (1992, U, 87min) ★★★
4.20 **to 6.00** AM **Beethoven's 2nd** Family comedy sequel. (1993, U, 89min) ★★

Sky Cinema Action

307 307 407 507 521

6.35 AM **Spider-Man** As 8.35pm.
8.45 **Spider-Man 2** As 10.40pm.
11.05 **Spider-Man 3** As 12.50am.
1.35 PM **The Amazing Spider-Man** Adventure starring Andrew Garfield and Emma Stone. (2012, 12, 136min) ★★★
4.00 **The Amazing Spider-Man 2** Superhero adventure sequel. (2014, 12, 142min) ★★★
6.30 **Madame Web** Adventure starring Dakota Johnson. (2024, 12, 116min) ★★★

8.35 Spider-Man

8.35 Spider-Man Fantasy action adventure starring Tobey Maguire as a nerdy schoolboy who develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. With Kirsten Dunst and Willem Dafoe. (2002, 12, 121 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 Spider-Man 2 Fantasy adventure sequel starring Tobey Maguire, Kirsten Dunst, Alfred Molina and James Franco. (2004, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Spider-Man 3** Fantasy adventure sequel starring Tobey Maguire, Kirsten Dunst and Thomas Haden Church. (2007, 12, 139min) ★★★
3.15 **The Amazing Spider-Man**
5.35 **to 8.00** AM **The Amazing Spider-Man 2** As 4.00pm.

Sky Cinema Comedy

308 308 408 508 522

6.10 AM **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
8.15 **The Holdovers** Comedy. (2023, 15, 133min) ★★★★★
10.35 **Roxanne** (1987, PG) ★★★★
12.30 PM **Two Weeks Notice** Comedy. (2002, 12) ★★★
2.25 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
4.20 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
6.15 **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★

8.00 Dumb and Dumber

8.00 Dumb and Dumber Comedy starring Jim Carrey, Jeff Daniels and Lauren Holly. Two nerdy friends go on a frantic cross-country journey to return a beautiful woman's briefcase. (1994, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Dumb and Dumber To Comedy sequel starring Jim Carrey and Jeff Daniels. The dim-witted friends are reunited after 20 years and set off on a road trip to find Harry's estranged daughter. (2014, 15, 107min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
1.45 AM **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
3.45 **Sixteen Candles** As 6.15pm.
5.25 **to 7.10** AM **Hope Springs** Romantic comedy drama. (2012, 12, 98min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.40 AM **Every Breath You Take**
9.30 **Clear and Present Danger** Thriller starring Harrison Ford. (1994, 12, 141 min) ★★★
11.55 **Ocean's Thirteen** Thriller sequel with George Clooney. (2007, PG, 122min) ★★★
2.00 PM **Psycho** Horror. (1960, b/w, 15, 109min) ★★★★★
3.55 **Every Breath You Take** Thriller. (2021, 15, 105min) ★★★
5.45 **The Equalizer** Action thriller. (2014, 15, 132min) ★★★

10.35 Django Unchained

8.00 The Da Vinci Code Conspiracy thriller starring Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (2006, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 Django Unchained Quentin Tarantino's Western starring Jamie Foxx, Christoph Waltz and Leonardo DiCaprio. (2012, 18, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.35 AM **Rear Window** Thriller. (1954, PG, 112min) ★★★★★
3.40 **Rashomon** Japanese period drama. Subtitled. (1950, b/w, 12, 88min) ★★★★★
5.20 **The Cinema List**
5.50 **to 7.35** AM **Dangerous Waters** Thriller starring Odeya Rush. (2023, 15, 101 min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
1.25 PM **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111 min) ★
3.40 **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
6.00 **Independence Day** Sci-fi adventure starring Will Smith. (1996, 12, 145min) ★★★★

9.00 Mission Impossible

Independence Day (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Mission: Impossible – Dead Reckoning Part One Action thriller starring Tom Cruise, Hayley Atwell and Simon Pegg. The IMF team race to acquire two halves of an interlocking key that can regain control of an artificial intelligence. (2023, 12, 163min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Hearts of Darkness: A Filmmaker's Apocalypse** Documentary on the making of *Apocalypse Now*. (1991, 15, 96min) ★★★★
2.05 **to 3.55** AM **Anaconda** Jungle adventure starring Jennifer Lopez. A documentary film crew encounter a deadly giant snake in the Brazilian rainforest. (1997, 15, 89min) ★★★

+1hour 314 430 47 301 257

Sky Cinema Favourites

302 302 402 502 516

6.30 AM **The Firm** As 3.05am.
9.15 **Black Hawk Down** As 12.30am.
11.45 **Kong: Skull Island** Adventure. (2017, 12, 118min) ★★★★
1.50 PM **Godzilla** Thriller remake. (2014, 12, 118min) ★★★
3.55 **Godzilla x Kong: The New Empire** Fantasy adventure sequel. (2023, 12, 115min) ★★★
5.55 **Raiders of the Lost Ark** Drama. (1981, PG, 115min) ★★★★★

8.00 Indiana Jones and the Temple of Doom Steven Spielberg's action adventure starring Harrison Ford and Kate Capshaw. Indiana Jones escapes a gang boss in Shanghai and encounters an evil cult in India. (1984, PG, 118min) ★★★
10.10 Indiana Jones and the Last Crusade Action adventure with Harrison Ford. Indiana Jones and his father tangle with Nazis searching for the Holy Grail. (1989, PG, 127min) ★★★★★

12.30 AM **Black Hawk Down** Ridley Scott's war drama starring Josh Hartnett and Ewan McGregor. (2001, 15, 144min) ★★★
3.05 **The Firm** John Grisham legal thriller. (1993, 15, 155min) ★★★
5.45 **to 6.45** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

7.40 AM **Champion** As 1.30pm.
9.20 **Congo** Jungle adventure. (1995, 12, 108min) ★★★
11.20 **True Grit** Oscar-winning Western. (1969, PG, 128min) ★★★★★
1.30 PM **Champion** Boxing drama. (1949, b/w, PG, 99min) ★★★★
3.20 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★

5.45 Gorillas in the Mist Drama. (1988, 12, 124min) ★★★★
8.00 Robin Hood: Prince of Thieves Adventure with Kevin Costner. Robin Hood forms a band of outlaws to exact revenge on the tyrannical Sheriff of Nottingham. (1991, PG, 138min) ★★
10.25 Patriot Games Thriller starring Harrison Ford. A retired CIA agent becomes the target of a vengeful IRA man after foiling an assassination attempt. (1992, 15, 116min) ★★★

12.25 AM **Serpico** Fact-based crime drama starring Al Pacino. (1973, 18, 130min) ★★★★
2.35 **Sudden Death** Action thriller. (1995, 18, 110min) ★★★
4.40 **to 6.50** AM **Vertigo** Hitchcock thriller starring James Stewart. (1958, PG, 128min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Cloudy with a Chance of Meatballs** (2009, U) ★★★★
8.00 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
9.30 **Migration** (2023, U) ★★★
11.00 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
12.45 PM **Transformers One** Animated sci-fi adventure. (2024, PG, 104min) ★★★★

2.35 **Bon Voyage, Charlie Brown** Animation. (1980, U, 70min) ★★
4.00 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
5.40 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★
7.35 **The Garfield Movie** Animation. (2023, U, 101 min) ★★★
9.25 **Deep Sea** (2023, PG) ★★★
11.25 **Trolls Band Together** Animated musical. (2023, U, 91 min) ★★★
1.10 AM **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★

2.35 **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★★
4.00 **Riverdance: The Animated Adventure** (2021, U) ★★★
5.40 **to 7.15** AM **The Swan Princess** Animation. (1994, U) ★★★

Movies 24

312 313 419

7.00 AM **Love in Whitbrooke** Drama. (2021, PG, 88min) ★★
9.00 **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★
11.00 **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
1.00 PM **Game, Set, Love** Romantic comedy. (2022, PG, 84min) ★★
3.00 **Stepping into Love** Romantic drama starring Jenna Michno. (2023, PG, 82min) ★★

5.00 Junebug Fantasy starring Autumn Reeser and Mila Jones. (2024, PG, 84min) ★★
7.00 Our Take on Love Romantic drama starring Lesa Wilson and Russell Quinn. A fashion designer and a filmmaker fall for each other while planning a celebration of a historical love story. (2022, PG, 87min) ★★
9.00 Polar Opposites Romantic drama starring Rhiannon Fish and Markian Tarasiuk. (2025, PG, 84min) ★★

11.00 **Sense and Sensibility** Drama. (2024, U, 84min) ★★
1.00 AM **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
3.00 **to 5.00** AM **Love Hacks** Drama. (2022, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Lone Ranger** 1/52. (S1)
7.25 **Look at Life** Documentary.
7.35 **Fort Algiers** Desert adventure. (1953, b/w, U, 78min) ★★
9.10 **The Black Knight** Arthurian adventure. (1954, U, 85min) ★
10.55 **Cottage to Let** Comedy thriller. (1941, b/w, U, 90min) ★★★
12.40 PM **You're Only Young Twice!** Comedy. (1952, b/w, U) ★★
2.20 **What's On TPTV with Noel**

2.30 Waterloo Road Wartime drama. (1944, b/w, PG, 73min) ★★★
4.05 Forbidden Crime thriller. (1948, b/w, PG, 87min) ★★
5.50 Rebecca Thriller. (1940, b/w, PG, 130min) ★★★★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 10/13. (S1)
10.05 **Cellar Club with Caroline Munro**
10.10 **Scream Bloody Murder** Horror with Fred Holbert and Leigh Mitchell. (1973, 15, 90min) ★★
11.55 **Cellar Club with Caroline Munro**

12.00 M'T **Pulp** Thriller with Michael Caine. (1972, 12, 95min) ★★★
1.55 AM **Dr Phibes Rises Again** Horror sequel starring Vincent Price. (1972, 15, 89min) ★★★
3.45 **A Child is Waiting** Drama. (1963, b/w, PG, 102min) ★★
5.50 **to 6.00** AM **Look at Life**

8 PM
9 PM
10 PM
11 PM

Friday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Transfer Talk**
12.30 PM **LIVE DP World Tour Golf** Coverage of the second round of the Nexo Championship staged at Trump International Golf Links. The only previous winner of this event was Spain's Adrian Otaegui.
2.45 **LIVE The Hundred Birmingham Phoenix Women v Trent Rockets Women.** Coverage of the match from Edgbaston, Birmingham. The teams met once last season in a match that saw the hosts win by three runs. Start-time **3.00pm**.
6.00 **Sports Centre**
7.00 **LIVE EFL Birmingham City v Ipswich Town.** Coverage of the Championship match from St Andrew's. Kick-off **8.00pm**.
10.30 **LIVE WTA & ATP Tennis** The second day of the Cincinnati Open, the joint ATP 1000 and WTA 1000 event, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Gary Neville's Soccerbox**
11.00 **Premier League Best Goals**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years** The 2004/05 season.
3.00 **PL Retro** Leicester City v West Ham United from 2016.
5.00 **Premier League Best Goals** A selection of great strikes from the 2014/15 season.
6.00 **Premier League Preview** A look ahead to the opening weekend of matches.
7.00 **The Transfer Show** Analysis of the latest transfer news.
8.00 **Fantasy Show** A look ahead to the new Premier League season.
9.00 **Premier League Preview**
10.00 **Fantasy Show** A look ahead.
11.00 **Premier League Preview**
12.00 M'T **Premier League Years** Classic games and moments of skill from the 2005/06 season.
2.00 AM **PL Retro** Bolton Wanderers v Chelsea in the 2004/05 season.
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** The 16/17 play-off finals.
9.00 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **EFL** Highlights from Sheffield United v Sunderland.
1.00 PM **EFL Highlights**
3.00 **EFL Trophy** Birmingham City v Peterborough United in the final.
3.30 **EFL Cup Highlights** Liverpool v Newcastle United in the final.
4.30 **SPFL Round-Up**
5.00 **SPFL Highlights**
5.15 **EFL Highlights** League One.
5.30 **Championship Season Review**
7.00 **LIVE EFL Birmingham City v Ipswich Town.** The Championship match staged at St Andrew's. The hosts enjoyed a memorable campaign last season as they won promotion to the second tier as champions. Kick-off is at **8.00pm**.
10.30 **SPFL Highlights**
12.00 M'T **EFL Cup Retro**
2.00 AM **Best Scottish Premiership Goals 2022/23** Archive action.
2.30 **Best Scottish Premiership Goals 2023/24** The best goals.
3.00 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.00 **The Hundred** A match replay.
1.30 PM **The Hundred Bitesize**
2.45 **LIVE The Hundred Birmingham Phoenix Women v Trent Rockets Women.** Coverage of the match from Edgbaston, Birmingham. The teams met once last season in a match that saw the hosts win by three runs. Start-time **3.00pm**.
6.00 **LIVE The Hundred Birmingham Phoenix Men v Trent Rockets Men.** Coverage from Edgbaston. The hosts won the meeting last year in a match that ended in a six-run victory for the Phoenix. They made 138-6 in their innings with Jacob Bethell top-scoring with 46 not out from 29 balls. The Rockets could only make 132-8 as Dan Mousley took 3-9 from 15 balls for the hosts. Start-time is at **6.30pm**.
9.30 **The Hundred Bitesize**
10.15 **The Hundred** Phoenix v Rockets.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** A match replay.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Ladies European Tour Golf**
7.00 **PGA Tour Golf** Highlights.
11.00 **Women's Golf** Women's Open.
12.00 NOON **HotelPlanner Tour Golf**
12.30 PM **LIVE DP World Tour Golf** Coverage of the second round of the Nexo Championship staged at Trump International Golf Links. The only previous winner of this event was Spain's Adrian Otaegui.
5.30 **Countdown to the Ryder Cup**
6.00 **LIVE PGA Tour Golf** Coverage of day two of the FedEx St Jude Championship staged at TPC Southwind in Memphis, Tennessee.
11.00 **HotelPlanner Tour Golf**
11.30 **Ryder Cup Memories**
1.00 AM **PGA Tour Golf**
2.00 **Playing Lessons**
3.00 **PGA Tour Golf** St Jude Classic.
4.00 **Ryder Cup Memories**
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 413 521 408 430

6.00 AM **TNT Sports Reload**
6.30 **FIM Speedway Grand Prix**
7.30 **Men's Cycling Pro Series**
9.30 **Men's Cycling** Action from the fourth stage of the Tour of Poland.
10.30 **LIVE Men's Cycling** Coverage of the fifth stage of the Tour of Poland, a 205.8km route from Katowice to Zakopane.
4.15 PM **LIVE Men's Cycling Pro Series** Coverage of the third stage of the Tour of l'Ain, a 130km route from Plateau d'Hauteville to Belley.
5.30 **The Fantasy Show** Insight and tips ahead of the weekend's Premier League fixtures.
6.30 **TNT Sports Cricket Reload**
6.45 **LIVE One Day International Cricket West Indies v Pakistan.** Coverage of the first ODI in the three-match series at the Brian Lara Cricket Stadium in Tarouba, Trinidad and Tobago.
3.15 AM **TNT Sports Reload**
3.30 **Golden Trail World Series**
4.00 **to 7.00** AM **LIVE AFL Richmond Tigers v St Kilda Saints.** Coverage of the match staged at the Melbourne Cricket Ground. Bounce-up **4.20am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **Ultimate Pool**
7.30 **Discovery Golf**
8.00 **Serie A** Inter Milan v Venezia.
9.00 **AFL** Hawks v Magpies.
10.30 **LIVE AFL Geelong Cats v Essendon Bombers.** Coverage from the GMHBA Stadium in Geelong. Bounce-up **10.40am**.
1.30 PM **MLB Highlights**
2.30 **MLB Plays of the Week**
3.00 **Discovery Golf**
3.30 **LIVE Men's Cycling Pro Series** Coverage of the third stage of the Tour of l'Ain.
5.30 **MLB Highlights**
6.30 **Discovery Golf**
7.00 **Onboard** Ocean Race Europe.
8.00 **FIM Speedway Grand Prix**
9.00 **AFL** Cats v Bombers.
10.30 **MLB Highlights**
11.30 **MLB: Off the Bat**
12.00 M'T **LIVE MLB New York Yankees v Houston Astros.** Coverage of the game at Yankee Stadium. Start-time **12.05am**.
3.15 AM **Discovery Golf**
3.45 **LIVE V8 Supercars Championship** The Century Batteries Ipswich Super 440.
5.00 **to 6.00** AM **Test Cricket**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
8.00 **Rugby League Retro**
12.00 NOON **British and Irish Lions Tour** Recent highlights.
2.00 PM **Rugby League Retro** A chance to see Leigh Centurions v Wigan Warriors from 2017.
4.00 **Super League Highlights**
5.00 **British and Irish Lions Tour** The warm-up match between First Nations & Pasifika XV and British & Irish Lions from Marvel Stadium in Melbourne. **6.00** The first Test between Australia and British & Irish Lions at Suncorp Stadium in Brisbane.
7.00 **Super League Highlights** Highlights from Warrington Wolves v Hull FC in 2024. **7.15** Hull Kingston Rovers v Leeds Rhinos from 2024.
7.30 **LIVE Super League Warrington Wolves v Wigan Warriors.** Coverage of the match from the 21st round of fixtures at the Halliwell Jones Stadium. Kick-off is at **8.00pm**.
10.15 **British and Irish Lions Tour**
12.15 AM **Super League**
3.00 **British and Irish Lions Tour**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Transfer Talk**
1.00 PM **LIVE PGA Tour Golf** Coverage of day two of the FedEx St Jude Championship at TPC Southwind in Memphis, Tennessee. This event has been dominated in recent years by American golfers, with eight of the last 10 winners coming from the United States. Previous winners here include Bryson DeChambeau, Patrick Reed, Tony Finau and Dustin Johnson, who has succeeded at this event on three occasions.
7.30 **LIVE Super League Warrington Wolves v Wigan Warriors.** Coverage of the match from the 21st round of fixtures at the Halliwell Jones Stadium. Kick-off is at **8.00pm**.
10.15 **LIVE WTA & ATP Tennis** The second day of the Cincinnati Open, the joint ATP 1000 and WTA 1000 event, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
8.00 **WTA & ATP Tennis** Action from the Canadian Open finals.
12.00 NOON **WTA & ATP Tennis**
4.00 PM **LIVE WTA & ATP Tennis** The second day of the Cincinnati Open, the joint ATP 1000 and WTA 1000 event, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
4.00 AM **ATP 2024 Best of Jack Draper** Jack Draper's season.
4.15 **WTA & ATP Tennis**
4.45 **Bitesize Tennis** Highlights.
5.00 **ATP Tennis** Canadian Open.
5.15 **WTA Tennis** From Montreal.
5.30 **to 6.00** AM **ATP Tour This Week**

TNT Sports 3

413 415 523 410 432

6.00 AM **Fishing: On the Bank**
7.00 **UEFA Champions League**
10.00 **TNT Sports Reload**
10.30 **Discovery Golf**
11.00 **Shanghai Masters Snooker**
12.00 NOON **LIVE Saudi Masters Snooker** Coverage of the first session of the opening round of the tournament from Green Halls.
4.00 PM **Ultimate Pool** Pairs Cup.
5.30 **Ally's Social Club**
6.00 **LIVE Saudi Masters Snooker** The second session of round one of the tournament from Green Halls in Jeddah, Saudi Arabia.
10.00 **Golden Trail World Series**
10.30 **Men's Cycling** Tour of Poland.
11.30 **Men's Cycling Pro Series**
1.30 AM **Onboard** A look ahead to the new Ocean Race Europe season.
2.30 **LIVE MLB San Diego Padres v Boston Red Sox.** Coverage of the inter-league match from Petco Park. Start-time **2.40am**.
5.45 **to 6.00** AM **TNT Sports Reload**

TNT Sports 4

414 416 524 411 434

6.00 AM **WRC Review** Rally Finland.
7.00 **MLB Plays of the Week**
7.30 **Test Cricket Highlights**
8.30 **LIVE Test Cricket Zimbabwe v New Zealand.** Coverage of the second day of the second Test in the two-match series staged at Queens Sports Club, Bulawayo.
5.00 PM **UEFA Champions League** PSV Eindhoven v Juventus. **6.00** Club Brugge v Aston Villa. **7.00** All the action from Real Madrid v Atletico Madrid. **8.00** Highlights from Paris Saint-Germain v Liverpool. **9.00** Highlights from Bayern Munich v Bayer Leverkusen. **10.00** Benfica v Barcelona.
11.00 **WRC Review** Rally Finland.
12.00 M'T **Test Cricket Highlights** Zimbabwe v New Zealand.
1.00 AM **FIM Speedway Grand Prix**
2.00 **Motocross World Championship**
5.00 **to 6.00** AM **Men's Cycling Pro Series**

Premier Sports 1

419 551

6.00 AM **World Surf League**
7.00 **Transworld Sport** Magazine.
8.00 **NASCAR Highlights**
9.00 **LaLiga Specials**
10.00 **Ultimate Karting Championship**
11.00 **LaLiga Specials**
12.00 NOON **FIM Sidecarcross**
1.00 PM **World Surf League**
2.00 **Euro Le Mans Highlights**
3.00 **DTM Highlights** From Norisring.
4.00 **NASCAR Highlights**
5.00 **Transworld Sport** Magazine.
6.00 **Football's Greatest**
7.00 **LaLiga Specials**
8.00 **FIM Sidecarcross** Action from the latest round of the season from Strassbessenbach, Germany.
9.00 **World Surf League**
10.00 **Transworld Sport** Magazine.
11.00 **NASCAR Highlights**
12.00 M'T **LaLiga Specials**
1.00 AM **Football's Greatest**
2.00 **UK Independent Kart Racing**
3.30 **Motorsport** Valentino Rossi.
4.00 **to 6.00** AM **LaLiga Specials**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union** Toulouse v Bordeaux Bègles.
8.30 **Temples of Sport**
9.30 **LaLiga Specials**
10.30 **Swedish Speedway**
12.30 PM **Bike World** Magazine.
1.00 **Major League Cricket** Another chance to see the final.
5.00 **Temples of Sport** Iconic sporting venues from around the globe.
5.30 **FastZone** Motorsports highlights show covering everything from prototypes to endurance racing.
6.00 **LaLiga Specials** A look at how the promoted teams fared in the 2024/25 season.
7.00 **Swedish Speedway** Action from a high-profile Elitserien meeting.
9.00 **Bike World** The latest action from the world of two wheels.
9.30 **United Rugby Championship** Leinster v Bulls in the Grand Final.
11.30 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers.
4.30 **to 6.00** AM **NHL: This is Hockey**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Formula 1** Chinese Grand Prix.
8.00 **WTA Tennis** Canadian Open.
10.00 **The Hundred Bitesize**
10.30 **ATP Tennis** Canadian Open.
12.30 PM **The Hundred Bitesize**
1.00 **Women's Golf** Women's Open.
2.00 **LIVE Ladies European Tour Golf** The opening round of the PIF London Championship from The Centurion Club in St Albans.
5.00 **PGA Tour Golf** An event review.
6.00 **Women's Golf** Women's Open.
7.00 **WTA & ATP Tennis** Action from the Canadian Open finals.
9.00 **The Hundred Bitesize**
10.00 **WTA & ATP Tennis**
12.00 M'T **PL Greatest Games**
12.45 AM **Super League**
3.30 **PL Greatest Games**
3.45 **LIVE NRLW St George Illawarra Dragons v Cronulla-Sutherland Sharks.** Coverage of the match in the sixth round of the season at the Jubilee Stadium, Sydney. Kick-off **3.45am**.
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** Chinese GP.
1.00 PM **Formula 1** The Chinese Grand Prix qualifying session.
3.00 **Formula 1** Another chance to see the Chinese Grand Prix at Shanghai International Circuit.
7.55 **Ted's Notebook**
8.30 **Formula 1** Highlights of the Chinese Grand Prix in Shanghai.
9.30 **Formula 1** Highlights of the 2024 Chinese Grand Prix.
10.30 **LIVE Indycar** Coverage of the first practice session of the Grand Prix of Portland held at Portland International Raceway in Oregon.
12.00 M'T **Formula 1** From Hungary.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

PREMIERE

BBC iPLAYER Kensuke's Kingdom

Sunday, 3.35pm, BBC1 & BBC iPlayer

Michael Morpurgo's novel, which was published in 1999, has been adapted into this beautiful Studio Ghibli-esque animated adventure.

Spirited youngster Michael (voiced by Aaron MacGregor) has managed to smuggle his dog aboard the yacht on which his family are sailing around the world together. Until a violent storm sweeps both Michael and his pet overboard. The pair wash up on a remote island where they meet a mysterious Japanese man who has lived there in secret since World War Two.

Sally Hawkins and Oscar-winner Cillian Murphy provide the voices of Michael's parents.

BBC iPLAYER Piggy Builders

Weekdays, 9.20am, CBeebies & BBC iPlayer

Cornelia, Cesar and Charlie are a trio of curly-tailed piggy siblings who live in Fine Forest. Whilst they are very different to one another in nature, they have many things in common – they all love building things and they all love solving problems.

However, this porcine trio must learn to work together – because when they don't, the builds they're working on go wrong in very silly ways. They must also find a way to deal with Vern – a meddlesome wolf!

More great shows to watch this week...

Wednesday NEW

Wednesday, Netflix

The Addams family teenager (played by Jenna Ortega) returns to the halls of Nevermore Academy – where a new principal (Steve Buscemi) and a mysterious music teacher (Billie Piper) await her. *See feature, page 4.*

Freaky Friday

Available now, Disney+

With long-awaited sequel *Freakier Friday* due out in the cinemas this week, there's no better time to check out the 2003 version of the body-swapping comedy – starring Jamie Lee Curtis and Lindsay Lohan.

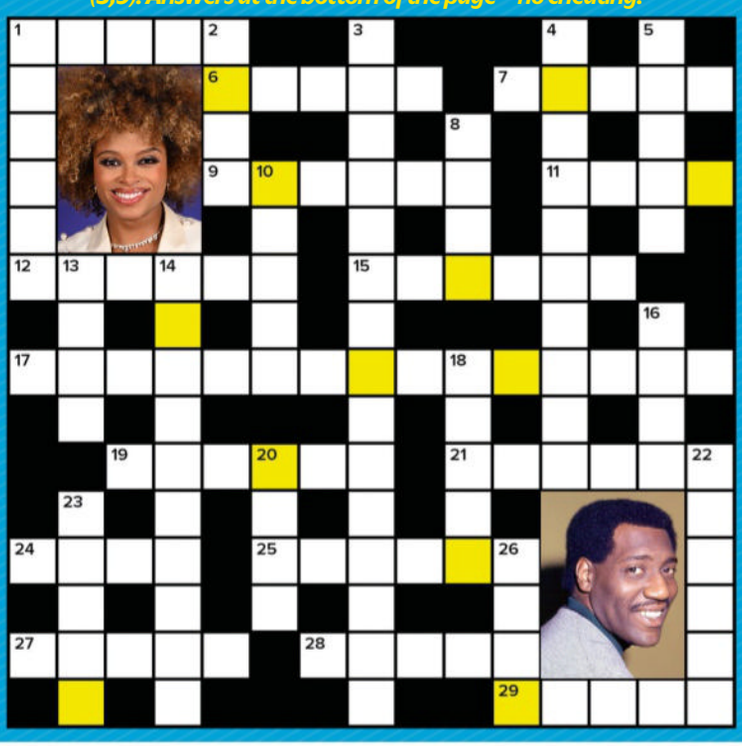
The Proud Family: Louder and Prouder NEW

Wednesday, Disney+

A third season for the animated comedy which follows the everyday life of California teen Penny Proud.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of an English actor (3,9). Answers at the bottom of the page – no cheating!



ACROSS

1 Hit song and album released in 2000 by Madonna (5)
6 Masters of the Universe superhero with amazing strength (2-3)
7 Jamie Foxx crime movie from 2006, ----- *Vice* (5)
9 Author of 1938 Gothic novel *Rebecca*, ------ du Maurier (6)
11 See picture clue: Singer and 2018 *I'm a Celebrity* star, Fleur ---- (4)
12 Comedy series with Ed O'Neill and Sofía Vergara, ------ *Family* (6)
15 Chaotic comic character in Noel's House Party, Mr ------ (6)
17 English actor and father of Dame Vanessa (7,8)
19 British period saga starring Dame Julie Walters and set in the last days of the Raj, ------ *Summers* (6)
21 ------ *No 9*, BBC2 black-comedy series (6)
24 ---- Lenska, starred as Claudia Colby in ITV1's *Coronation Street* (4)
25 Garth ------, pundit and former professional footballer (6)
27 Comedian born in 1962 in East London, ----- Flanagan (5)
28 Model, ----- Klum (5)
29 1990s sitcom with Téa Leoni and Holland Taylor, *The* ----- *Truth* (5)

DOWN

1 ------ McDonald, Canadian actor who played Emma in *Degrassi: The Next Generation* (6)
2 ---- Michael Murray, star of teen drama *One Tree Hill* (4)
3 Comedian and creator of characters Ali G and Borat (5,5,5)
4 Classic Carla Lane sitcom that starred Nerys Hughes, *The* ----- ----- (5,5)
5 US musical-drama series starring Debra Messing (5)
8 Played Dotty Cotton in BBC1 soap *EastEnders*, Milly ---- (4)
10 Woody Allen romantic comedy from 1977, ----- Hall (5)
13 See picture clue: Late soul singer, ---- Redding (4)
14 Starred as Arthur Harrow in fantasy drama Moon Knight (5,5)
16 Leigh Francis comedy character, ---- Merrion (4)
18 / ----- Wine, Adele song from her 2021 album *30* (5)
20 Children's animation series from the 1970s, ---- *High, Private Eye* (4)
22 Star of 1974 Bond movie *The Man with the Golden Gun*, Britt ------ (6)
23 Series with Omar Sy (5)
26 Michael J Fox and Richard Kind comedy series, ---- *City* (4)

CROSSWORD SOLUTION

ACROSS: 1 Music 6 He-Man 7 Miami 9 Daphne 11 East 12 Modern 15 Blobby 17 Michael Redgrave 19 Indian 21 Inside 24 Rula 25 Crooks 27 Micky 28 Heidi 29 Naked

DOWN: 1 Miriam 2 Chad 3 Sacha Baron Cohen 4 Liver Birds 5 Smash 8 Zero 10 Annie 13 Otis 14 Ethan Hawke 16 Avid 18 Drink 20 Inch 22 Ekland 23 Lupin 26 Spin

WORDS: JAMES AVANN. PHOTOS: GETTY, COURTESY OF LUPUS FILMS / KENSUKE'S KINGDOM, BBC, DISNEY

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Recycle

Coming soon

Evie (Aimee Lou Wood) and Noa (Nabhaan Rizwan)

FIRST LOOK

Film Club

Aimee Lou Wood and Nabhaan Rizwan head the cast of an offbeat romantic comedy

Suz, played by Suranne Jones

Can a pair of star-crossed movie-buff friends find love in BBC3's upcoming comedy-drama series *Film Club*?

Co-written by Aimee Lou Wood, the six-part run, airing later this year, sees her play troubled Evie, who hasn't left her house for six months but joins her best pal Noa (Nabhaan Rizwan) each week to watch a film in her mum's garage.

But everything changes when Noa lands a new job in another part of the country and their imminent separation gives them both pause for thought about their true feelings for each other…

Suranne Jones co-stars as Evie's doting but quirky single mum Suz, Liv Hill is her sister Izzie, and Adam Long is her boyfriend Josh. Arian Nik and Fola Evans-Akingbola play film-club members Kam and Samantha, while Ralph Davis, who penned the series with Wood, is new recruit Dominic, and Owen Cooper is neighbour Callum.

'When Ralph and I met a decade ago, we knew pretty much instantly that we wanted to create something together and this feels deeply organic and idiosyncratic and right,' says Wood. 'Three of the most essential things to me have always been writing stories, watching films and acting, so the fact that I get to write a story about watching films and act in it is beyond joyful.'

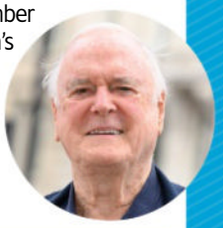
WHAT'S NEXT FOR...

Jeremy Clarkson

The presenter will host ITV1's *Who Wants to Be a Millionaire?* spin-off quiz show **Millionaire Hot Seat**, which follows contestants as they compete to work their way up the all-important money ladder.

John Cleese

Fawlty Towers: The Play, penned by the actor and writer, will air on U&Gold in September to mark the sitcom's 50th anniversary. The recording of the stage show stars Adam Jackson-Smith as hotelier Basil.



Coming Back

Freddie Flintoff's Field of Dreams will be back on BBC1 for a third series, in which the ex-cricketer will inspire more teens to embrace cricket as he puts together a girls' team in Blackpool and boys' teams in Manchester and Liverpool.

Filming is starting on the 11th and final series of ITV1's period crime drama **Grantchester**, which sees cop Geordie (Robson Green) and vicar Alphy (Rishi Nair) face monumental changes. The 10th run is set to air next year.

Next week

On sale Tuesday 5 August

Limitless: Live Better Now

Chris Hemsworth faces challenges on Disney+/National Geographic.

Outlander: Blood of My Blood

MGM+'s period-drama prequel follows Jamie and Claire's parents.

Premier League

Liverpool begin the defence of their title as the Reds take on Bournemouth on Sky Sports.

Alien: Earth

The Disney+ sci-fi spin-off starring Sydney Chandler sees the planet face a deadly threat.

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General Product Safety 2023/988: The use of our product under normal or reasonably foreseeable conditions of use, including the actual duration of use, does not present any risk or only the minimum risks compatible with the product's use, which are considered acceptable and consistent with a high level of protection of the health and safety of consumers.

LED illumination

Spirit of the Wilderness

Illuminated Clock

Featuring Wolf and Aurora Borealis Art by James Meger

James Meger

- LED lights softly illuminate the night scene
- Impressive 11 inches tall!

Handpainted & Handcrafted

A Timeless Tribute to Nature's Majesty

As the full moon glows and the Aurora Borealis dances across the night sky, a wolf pair moves silently through their snow-covered wilderness. Now, you can bring this breathtaking scene into your home with the *'Spirit of the Wilderness' Illuminated Clock* – available exclusively from The Bradford Exchange.

Masterfully Handcrafted with Illumination and the artistry of James Meger

Expertly **handsculpted and handpainted**, this one-of-a-kind Quartz movement clock showcases two life-like wolves among evergreen trees in a sparkling, snow-covered landscape. The clock face features the **art of James Meger** capturing a spellbinding scene of wolves under a full moon and vivid colours of the Aurora Borealis. The art is framed by an elegant bronze-tone bas relief border and accented with Roman numerals and decorative hands. With the flick of a switch, soft **LED lights** bring the night scene to life, casting a warm glow enhancing the scene. A **built-in timer** provides convenience, automatically turning the illumination off after five hours. Measuring 11 inches in height, this masterfully crafted timepiece is a beautiful addition to any home.

Not available on the High Street – order now!

Each illuminated clock is uniquely hand-numbered and is accompanied by a Certificate of Authenticity and our famous 365-day money-back guarantee. This exceptional market-first will be available for just 4 interest-free instalments of £24.99 – that's only £99.96 (plus £9.99 S&S)* – subject to production commencing. Pay nothing now – simply complete and return your Priority Order Form today! Production dependent on total reservations received. We will notify you should production not proceed within 60 days.

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Shown smaller than actual size of 11 inches (28 cm) in height. Requires 1 x AA battery and 3 x AAA batteries (not included).

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